Wednesday's Jackpot
$35,000,000
estimated
LOTTO 649

ESPERANZA WHO?
GETTING TO KNOW THE WOMAN WHO UPSET BIEBER {page 18}

KRIS OFF
LEAFS TRADE VERSTEEG FOR PICKS {page 35}

TORONTO metro®
Tuesday, February 15, 2011
www.metronews.ca
News worth sharing.

Toronto workers behaving badly

Auditor general's report discusses, among other cases, employees who used sick days to work second jobs, one who submitted altered doctors' notes to account for frequent absences, another who faked disability claim

According to report, misconduct costs city $85,790, of which only $2,267 has so far been recovered

City of Toronto employees created and posted "inappropriate videos about co-workers" on social media sites on company time, while a manager fired a whistleblower for contacting the city auditor general.

Those cases are among 18 hair-raising examples of employee misconduct — many exposed through the city's fraud-and-waste hotline — chronicled by auditor general Jeffrey Griffiths in a report released yesterday in advance of the Feb. 22 audit committee meeting.

The report states that 573 complaints about city staff were made to the hotline in 2010, some of them including multiple allegations. Of those, some 50 were "substantiated in whole or in part." Twenty-one led to discipline, all the way up to dismissal.

TORSTAR NEWS SERVICE

Win.

▶ A group of 19 Bell employees celebrates being awarded nearly $31.7 million by the Ontario Lottery and Gaming Corporation yesterday.

DARREN CALABRESE/THE CANADIAN PRESS

They finally get their piece of the $50M pie

The 19 Bell employees, one of two groups fighting over a Lotto Max jackpot, were the original claimants to the $50-million prize. The additional 11 claimants — who came forward after the prize was claimed — will have to wait for a court to decide if they're entitled to any cash. The court will distribute the remaining $18.3 million accordingly.

TTC

Subpar sound on the subway

Commission says it plans to improve intelligibility of announcements {page 3}

An athlete's approach to food

Expert explains why we all need carbs {page 21}

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Education. Project

▶ Father Joseph Redican, president of St. Michael's College School and feasibility study chair, centre, along with Kimberley Bailey, feasibility study director, and Emile John, vice-president of St. Michael's College School.

RICK MADONIK/TORSTAR NEWS SERVICE

School for low-income students pitched

A private school for low-income high school students — where the kids would work to pay for their own tuition — has made its first inroads into opening in Toronto. Redican ran a school in inner-city Detroit and wants to bring the model here. Students would work one day a week to pay their tuition and attend longer days the other four to make up time in class. Redican says the placements do more than cover tuition costs — students gain important job skills and experience.

Not the snap, crackle, pop you want in a.m.

Those dissatisfied with inaudible subway speakers asked to call TTC with number of car they were in ◐ Station platform screens offer updates, but can be hard to see from inside trains

You're standing in a jammed subway car on your way to work when the train suddenly stops in the tunnel, heralding a delay.

It would be great to know the cause, at least to get some sense of just how long you can expect to wait.

Then comes an announcement over the train's speaker system — a crackling, static-filled noise, usually low in volume and generally unintelligible.

You know the person on the other end probably just provided the details you wanted, if only you could have understood it.

The poor speaker system in many subway cars is a problem the TTC says it is attempting to fix. But when it comes to getting trains back up and running, as was the system's focus yesterday morning after a cracked rail was discovered at King station at the height of rush hour — cancelling train service between Bloor and Union for an hour and a half — informing passengers takes a back seat.

"When a delay happens, we're focused on safety, making sure trains get turned around, so communicating is kind of secondary. But we realize our speaker system is very poor, and we're working on an upgrade." TTC SPOKESPERSON JESSICA MARTIN

"It's a difficult balance," TTC spokesperson Jessica Martin said. "Crews are working on fixing the problem and operators are focused on the train and signals. So announcements are secondary, understandably."

Martin said delay announcements are broadcast from transit control, where microphones are apt to pick up background noise. Subway operators and guards can also inform passengers of delays through the train's internal intercom, but Martin acknowledged that doesn't always happen.

The TTC has taken recent steps to improve communication, such as email and Twitter alerts. But such messages are useful only if passengers can pick up a signal — impossible while trains are in tunnels. TORSTAR NEWS SERVICE

1 news

New research reassures parents their scatterbrained teens are just fine. Scan code for story.

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

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Hundreds of unwanted chihuahuas and terriers arrive from California to find homes in Canada. Video at metronews.ca

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Mom convicted in son's death

North York woman who shopped for CDs while son lay in agony is nothing short of shocking, judge says

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ A grief-stricken Maria Fernandes, the grandmother of the dead child, talks to the media outside the courthouse yesterday.

A North York mother who went shopping for CDs while her son lay dying of catastrophic burns has been handed a manslaughter conviction.

Melissa Alexander, 25, failed to provide her 19-month-old son, Miguel Fernandes, with the necessaries of life when she waited at least 10 hours before seeking medical help after he was scalded in a bath, Ontario Superior Court Justice Anne Molloy said in her written ruling, released yesterday.

"If she had acted promptly in getting treatment for Miguel, it is most likely that he would have made a full recovery," Molloy said.

Miguel died of severe burns to 40 per cent of his body, likely caused by his being submersed, backside down, for at least 10 seconds in a bathtub of scalding water in Alexander's Jane Street apartment Sept. 11, 2007.

The mother of two tried to treat the boy herself but left him with his 29-month-old brother while she went shopping for two hours, picking up two Kanye West CDs from HMV and other items at No Frills and Canadian Tire, court heard. It's not clear if someone was with the boys at the time.

"Going shopping for two hours instead of taking him to a hospital is nothing short of shocking," the judge said.

It was not until 2:20 a.m. the next day that she called 911, telling the operator that Miguel was dead.

"I am fully confident that if Melissa Alexander sustained third-degree burns to 40 per cent of her own body, she would not have contented herself with some Vaseline and absorbent cotton," Molloy said.

"She would have gotten herself to hospital, and quickly."

Alexander also dissuaded Miguel's father — her now-estranged live-in boyfriend, Sergio Fernandes, who was at his bricklaying job when the scalding occurred — from looking at the burns when he returned home, the judge said. "She removed her son's last hope of survival."

TORSTAR NEWS SERVICE

Different story

Alexander also lied to emergency personnel and her family about how Miguel sustained his burns, claiming he had pulled a pot of hot water over himself, the judge said.

on the hou$e

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News in brief

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ McCallion is hugged by a Trillium Health Centre volunteer.

Hazel, 90, is 'poster child for seniors'

It was a perfect fit, Hazel McCallion — poster-girl for longevity and good health — spending her 90th birthday, on Valentine's Day, at a cardiac hospital.

Dr. Barbara Clive was part of the group that presented the mayor with a giant birthday card.

"At 90 her gait is perfect, her speech is totally sharp and she has the drive to still run this city. She's the poster child for seniors."

TORSTAR NEWS SERVICE

10th homicide victim of year identified

Toronto's 10th homicide victim of the year has been identified as 23-year-old Lorenzo Martinez.

Police say Martinez was found last Friday night when police responded to a shooting call at an apartment building at 70 Stevenvale Dr.

Officers located Martinez in the lobby suffering from an obvious gunshot wound.

He was taken to hospital but died of his injuries en route.

THE CANADIAN PRESS

Arrest made in Fairview Mall shooting

A man wanted since last September after a shooting incident at a Toronto mall is in custody.

Toronto police say Christopher Alexander, 27, was arrested in Calgary Feb. 4 on a Canada-wide attempted-murder warrant.

The warrant was issued after a man fired a shot at a security guard at Fairview Mall last Sept. 13.

The guard was not injured and the suspect fled the area, leaving a handgun at the scene.

Police say two Toronto police officers were assaulted on a flight on Feb. 11 while Alexander was being returned to Toronto. Police say the Toronto man faces 25 charges. THE CANADIAN PRESS

Immigrant quota drops for elders

A day after Canada reported a record number of newcomers last year, internal documents reveal that Ottawa is planning to reduce the annual quota for parents and grandparents joining their families here.

At a news conference in Ottawa yesterday, New Democrat immigration critic Olivia Chow said information obtained under Access to Information shows the government will further reduce the targets for such sponsorships to 11,000 from 15,300 in 2010. More than 148,000 parents and grandparents overseas have already waited as long as five years to be reunited with their Canadian families. The reduced quotas will affect applicants mainly from Africa, Asia, the Middle East and South America, Chow said.

TORSTAR NEWS SERVICE

280,000

On Sunday, Immigration Minister Jason Kenney said Canada admitted more than 280,000 landed immigrants in 2010, the most in 57 years, and six per cent above the annual maximum target of 265,000.

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Bill for smoking cessation drugs applauded

Ontario Medical Association says medications proven to double success rate for smokers trying to quit

MARK HERBERT
TORONTO@METRONEWS.CA

Torontonians appear to be in favour of government funding for cessation drugs to help smokers kick the habit.

The list of drugs covered by the Ontario government may grow to include Champix and Zyban, according to the Ontario Public Drug Division, which could cost residents $20 million in taxes each year.

That $20-million cost now is considered better than hundreds of millions later, Torontonians surveyed by Metro said. They see the funding as serving the greater good.

"Well, we're paying for them to die in hospitals right now," said Ryan Lawrence, 27. "So what's cheaper, right?"

Residents said funded drugs could help encourage smokers to make a lifestyle change that could benefit the province in the long run.

"Maybe I would go that option," said Danielle Julien. "I spend more money actually smoking, so the thought of quitting would be more feasible."

Julien said if the government would divulge what the savings would be, it might gain more supporters.

"The number is hard to determine," said Ontario Ministry of Health and Long-Term Care spokesperson Andrew Morrison. "We have to consider what other conditions they have and whether they are aggravated by smoking."

Officials said they are only in the preliminary stages of consideration and haven't determined if they will push for approval.

"We haven't made a decision yet about the funding of drugs," assistant deputy minister and executive officer Diane McArthur said.

Deaths

- **Disease** Tobacco-related disease kills more than 13,000 Ontario residents annually, according to the Ontario Medical Association.
- **Ontario** doctors are welcoming word the province is considering covering the costs of some drugs that help smokers kick the habit.

Scratch. Musicians

▶ The turntablist duo InsideaMind, Erik Laar (a.k.a. Steptone) and Cheldon Paterson (a.k.a. Professor Fingers), rehearse their new soundtrack yesterday for a silent Buster Keaton film at the TIFF Bell Lighthouse in Toronto.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Going beyond the boundaries

The two-man scratch band stretch artistic boundaries by performing live original compositions with vinyl. The scratch musicians, as they call themselves, bring forth a unique angle to what a pair of DJs/producers armed with instruments called turntables can create.

Copper theft

- **Problem** Contractors who work with copper said theft of the pricey metal is an ongoing problem.
- **Project** Scraps of copper were stolen from the construction site at Old City Hall during the five-year restoration project, said Cameron Forbes, vice-president of the contracting firm Heather & Little Limited.

Valuable copper stolen

A potentially deadly gas leak at a home on Glen Park Avenue is traced back to a series of break-and-enters in 13 Division. The thieves' target? Copper pipes.

Brass and copper plumbing supplies valued at $600,000 are stolen from a business near Dixon Road and Highway 27. Eavestroughs made of copper are no sooner installed than they are swiped from homes.

The metal is by no means easy to steal, but that isn't stopping thieves who recognize its rising value. With copper closing at a record $4.63 per pound US yesterday, Toronto Police are on alert that there could be an increase in daring — and dangerous — robberies.

TORSTAR NEWS SERVICE

Construction worker killed

Toronto police say a construction worker is dead after an accident yesterday at a construction site in the city's west end.

Police said the man, reported to be about 25 years old, was struck by a steel beam at the site on Sheppard Avenue, just east of Weston Road.

Authorities said the man was pronounced dead at the scene. He was not immediately identified. THE CANADIAN PRESS

Drivers using cellphones beware

Toronto police have launched a crackdown on drivers using hand-held cellphones behind the wheel. Police say although Ontario law forbids the practice, many drivers still are not getting the message.

THE CANADIAN PRESS

DOUGLAS C. PIZAC/THE ASSOCIATED PRESS

▶ A motorist talks on a cellphone while driving.

Would you like marijuana with that?

Police say one of the side dishes offered at a downtown Toronto pizzeria wasn't on the menu.

Investigators said a search yesterday of Pizza Gigi turned up marijuana, cocaine and other drugs. Police allege a 57-year-old man was selling the drugs from the 189 Harbord St. business. Police estimated the value of the marijuana seized at $1 million and say the other drugs included crack cocaine, OxyContin and ecstasy. Salvatore Crimi faces 15 drug-related charges including possession, trafficking and possession of the proceeds of crime. THE CANADIAN PRESS

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Tunisians pour into Italy in 'biblical exodus'

Some would-be migrants are criminals who escaped Tunisian jails in recent chaos Italy seizes 41 vessels

A month after massive protests ousted Tunisia's longtime dictator, waves of Tunisians are voting with their feet, fleeing the country's political limbo by climbing into rickety boats and sailing across the Mediterranean to Europe.

More than 5,000 illegal immigrants have recently washed up on Italy's southern islands — an unintended consequence of the "people's revolution" that ousted autocrat Zine El Abidine Ben Ali and inspired the uprisings in Egypt and beyond.

European powers cheered when Tunisia's 74-year-old ruler fled into exile in Saudi Arabia Jan. 14, but the fallout a month later has tempered their enthusiasm.

DANIELE LA MONACA/THE ASSOCIATED PRESS

▶ An Italian Coast Guard vessel rescues a boatload of would-be migrants Sunday.

It has also exposed a dilemma for western countries that allied with repressive leaders in North Africa seen as bulwarks against extremism, and now must build new diplomatic relationships in a still-uncertain political climate.

The European Union yesterday announced a $258-million aid package to Tunisia from now until 2013. EU foreign policy chief Catherine Ashton said the funds were a gift, not a loan.

Italian Interior Minister Roberto Maroni — who has called the migration a "biblical exodus" — offered police "contingents, which can patrol the coasts" and urged the 27-nation European Union to hold a special meeting on immigration strategy.

THE ASSOCIATED PRESS

Arab. Reform wave?

▶ Bahraini women demonstrate yesterday outside the capital of Manama.

HASAN JAMALI/THE ASSOCIATED PRESS

Police battle protesters

Demonstrations broke out nationwide in response to calls on social media sites for major anti-government protests. Bahrain's security forces fired tear gas and rubber bullets at thousands of protesters heeding calls to unite in a major rally and bring the Arab reform wave to the Gulf for the first time.

Egypt labour unrest growing

Thousands of state employees, from ambulance drivers to police and bank workers, protested yesterday demanding better pay, in a growing wave of labour unrest rekindled by the democracy uprising that ousted Hosni Mubarak's regime.

Egypt's military rulers asked for an end to the protests in what could be a final warning before an outright ban. The military said it needed calm to implement what it says will be an eventual handover to civilian rule under a new, more democratic system.

THE ASSOCIATED PRESS

30

Protesters have called for the dissolving of Mubarak's National Democratic Party and for the creation of a cabinet of technocrats within 30 days.

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Frankfurt $199
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Costa Rica $265
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Dublin $299
Travel May 13 - May 20/ts + taxes & fees $325

Barcelona $349
Travel Apr 30 - May 8/ts + taxes & fees $382

Shanghai $499
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Punta Cana 7 Nights 4-Star $609
Grand Paradise Bavaro + taxes & fees $334
Departs Feb 24/sqv/qk.

Jamaica 7 Nights 4-Star $797
Holiday Inn Sunspree + taxes & fees $279
Departs Mar 20/nol/ts.

Panama 7 Nights 4-Star $825
Playa Blanca + taxes & fees $245
Departs Mar 5/nol/ts.

Aruba 7 Nights 4-Star $1448
Holiday Inn Sunspree + taxes & fees $250
Departs Feb 27/vat/ts.

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Pacific Coastal 7-Night Cruise $391
Norwegian Pearl + taxes & fees $133
CRUISE Los Angeles to Vancouver and visit San Francisco, Astoria, Victoria & Nanaimo. Sails May 1/ncl.

Southern Caribbean
7-Night Cruise $479
Serenade of the Seas + taxes & fees $40
CRUISE roundtrip San Juan and visit St Croix, Antigua, St Lucia & St Kitts. Sails Nov 13/rcl.

Western Caribbean
7-Night Cruise $508
Norwegian Pearl + taxes & fees $126
CRUISE roundtrip Miami and visit Roatan, Belize City, Costa Maya & Key West. Sails Apr 10/ncl.

Mediterranean 7-Night Cruise $609
Adventure of the Seas + taxes & fees $59
CRUISE roundtrip Valenica and visit Rome, Florence/Pisa, Ajjacio & Malaga. Sails May 15/rcl.

Hawai'i 10-Night Cruise $1039
Celebrity Century + taxes & fees $65
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Royal Sonesta Hotel + taxes & fees $127
INCLUDES accom on the Cambridge side of the Charles River. Departs Mar 16/ggv/ac. ADD 2 day GO Boston card for $79.

New York Air + 3 Nights $494
Manhattan at Times Square + taxes & fees $122
INCLUDES central accom in Times Square. Departs Feb 17, 24/ggv/ac. ADD theatre tickets to Billy Elliott for $129.

New Orleans Mardi Gras
Air + 3 Nights $799
Holiday Inn Superdome + taxes & fees $123
INCLUDES accom in New Orleans during Mardi Gras. Departs Mar 7/ggv/ua. ADD Ghosts and spirits walking tour for $23.

Honolulu Air + 7 Nights $979
Maile Sky Court + taxes & fees $126
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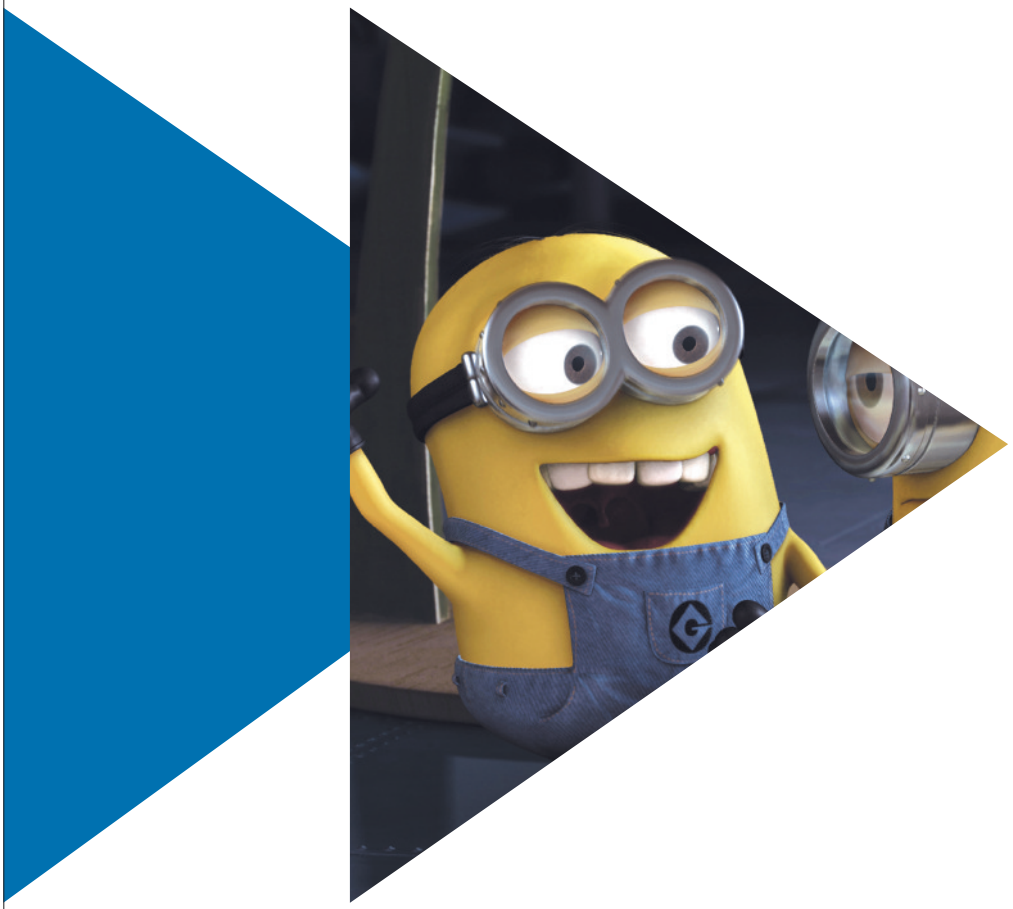

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Georgian Mall

BOLTON
SmartCentres Bolton

BOWMANVILLE
Clarington Place

BRAMPTON
59 First Gulf Blvd
100 Great Lakes Dr.
10086 Hurontario St.
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Shopper's World

BURLINGTON
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Appleby Crossing
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COBOURG
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LINDSAY
229 Kent St.
Whitney Town Centre

MAPLE
2810 Major Mackenzie Dr.

MARKHAM
7357 Woodbine Ave
Market Village
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St E

MISSISSAUGA
6965 Davand Dr.
980 Eglinton Ave. E.
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Square One Shopping Centre (kiosk)
Westgate SmartCentres

NEWMARKET
Upper Canada Mall

NORTH YORK
170 Rimrock Rd
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Hampshire Gate at Dundas
Oakville Place

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre

SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall (kiosk)
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Food labels to delve deeper

Beer, ale, stout, porter and malt liquor exempt from new rules

New labelling rules will give consumers more detailed information about the presence of allergens, gluten and sulphites in food and drink, Health Canada said yesterday.

The department said the new labels will require manufacturers to clearly list the presence of such substances.

The new requirements will be phased in over 18 months to give manufacturers time to comply.

THE CANADIAN PRESS

For celiac's sake

- Nearly one per cent of the population is affected by celiac disease. These people can suffer long-term complications from eating foods that contain gluten.
- The exemption for beer came after hard lobbying from brewers, who argued that celiac sufferers already know beer is made from grain.

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metro life panel

China. PDA

▶ A Chinese lesbian couple kisses in front of journalists yesterday during an event to celebrate Valentine's Day organized by a shopping mall in Beijing.

ANDY WONG/THE ASSOCIATED PRESS

Love dares speak its name

Beijing's gay and lesbian community celebrated Valentine's Day by calling for greater gay rights in China.

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Mock mission

Each crew member will be paid about $97,000 US, organizers say

▶ Russian space officials, bottom right, watch video footage yesterday of researchers in spacesuits simulating a landing on Mars at the Mission Control Center in Korolyov.

After 257 days in a locked, windowless steel capsule, researchers on a mock trip to Mars ventured from their cramped quarters in heavy spacesuits yesterday, trudging into a sand-covered room to plant flags on a simulated Red Planet.

The all-male crew of three Russians, a Frenchman, an Italian-Colombian and a Chinese entered a network of modules at a Moscow space research centre last June to imitate the 520-day flight and see how they cope with the constricted, isolating conditions of space travel — minus the weightlessness.

Several participants donned 30-kilogram suits to perform yesterday's mock landing in an adjacent capsule. They planted the flags of Russia, China and the European Space Agency, took "samples" from the ground and conducted faux-scientific experiments.

"All systems have been working normally. The crew are feeling fine," said Vitaly Davydov, deputy head of the Russian space agency.

Psychologists said long

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lands on Mars

SERGEY PONOMAREV/THE ASSOCIATED PRESS

confinement would put the team members under stress as they grow increasingly tired of each other's company. Psychological conditions can even be more challenging on a mock mission than a real flight because the crew won't experience any of the euphoria or dangers of actual space travel.

Davydov described the experiment as an important part of preparation for a flight to Mars and predicted that the real mission could take place in about 20 years, but only with international co-operation.

Martin Zell, a European Space Agency official, called the mission a "really strong asset for future undertakings of mankind in space, for its ambition to fly finally to the Red Planet."

So far the crew has been coping.

"After a couple of weeks they were really a team, certainly with some temporary ups and downs of individual crew members," Zell said.

"A big challenge is missing daylight; missing visual perceptions."

THE ASSOCIATED PRESS

Bumps in the road

- A similar experiment in 1999-2000 at the same Moscow institute went awry when a Canadian woman complained of being forcibly kissed by a Russian team captain. She also said two Russian crew members had a fist fight that left blood splattered on the walls. Russian officials downplayed the incidents, attributing them to cultural gaps and stress.
- A Russian official denied yesterday that the previously botched experiment prompted organizers to leave women out, saying they will be included in future simulations.
- A real flight to Mars is decades away because of huge costs and massive technological challenges, particularly the task of creating a compact shield that will protect the crew from deadly space radiation.

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Need new clothes? Prepare to be hung out to dry

Price of clothing to explode this year, analysts say Surge in cost of labour, materials mean retailers will pass on price increases to shoppers

The era of falling clothing prices is ending.

Clothing prices have dropped for a decade as tame inflation and cheap overseas labour helped hold down costs. During the recession retailers and clothing makers cut frills and experimented with fabric blends to keep prices low.

But as the world economy recovers and demand for goods rises, a surge in the costs of labour and raw materials is squeezing retailers and manufacturers. Cotton has more than doubled in price over the past year. The price of synthetic fabrics has also jumped roughly 50 per cent as demand has risen.

Clothing prices are expected to rise about 10 per cent over the next few months, with the biggest increases coming in the second half of the year, said Burt Flickinger III, president of Strategic Resource Group.

Higher costs also will affect how clothes are made. Clothing makers are blending more synthetic fabrics such as rayon and designing jeans with fewer embellishments. Shoppers also will have fewer colour choices.

Retailers are trying to figure out whether consumer demand that gave them strong holiday sales will last. The fear is higher prices will nip that budding demand. Stores that cater to low- and middle-income shoppers will have the hardest time passing along price increases.

"We have been so used to deflation for years and years," said David Bassuk, managing director in the retail practice of AlixPartners. "Customers are going to be surprised."

On the production side, many Chinese factories that shut down temporarily in the depths of the recession still haven't returned to capacity. As they ramp up, they're finding they have to pay workers more because of labour shortages, said John Long, retail strategist at consulting firm Kurt Salmon.

Until now, retailers have resisted passing along price increases to shoppers by shifting production to Vietnam and other lower-cost regions, turning to other materials and absorbing cost increases.

But they're reaching the limit, said Kevin Burke, president and CEO of the American Apparel & Footwear Association.

THE ASSOCIATED PRESS

NO BALE-OUTS ON COTTON PRICES

The price for cotton has jumped to a 150-year high, rising to $1.90 US per pound Friday, more than double what it was a year ago, the International Cotton Advisory Committee says.

Cotton prices began soaring in August 2010 after bad weather cut harvests in major producing countries including China, the U.S., Pakistan and Australia.

Restrictions on exports from India, the world's second-largest cotton exporter behind China, have also produced shortages. On top of that, worldwide demand has risen as the global economy improves.

Raw materials account for 25 per cent to 50 per cent of the cost of producing a garment. Labour ranges from 20 per cent to 40 per cent, depending on how complicated it is to make, said David Bassuk of AlixPartners.

THE ASSOCIATED PRESS

Grand slam. China

▶ A couple at a Beijing shopping mall are helping fuel China's rise as a global economic force.

ANDY WONG/THE ASSOCIATED PRESS

Reversal of fortune

China's economy surged to the world's second largest (after the U.S.) in 2010, surpassing that of Japan, which had held the title since 1968. China is now the world's biggest auto market and largest energy consumer. Economists say the country could overtake the U.S. between 2020 and 2030 if current growth rates are sustained.

RRSP investing shows confidence: Analyst

With two weeks left to make a retirement contribution for 2010, an RRSP survey from RBC shows Canadians are investing with increased confidence in the markets, a sign of a greater sense of job security, according to one analyst.

"When the economy falters, people respond to that by keeping their money out of the markets," said Lee Anne Davies, head of retirement strategies at RBC. "We are seeing that the confidence is coming back and people are starting to move back into stocks and back into equities."

In 2008 and 2009, Canadians wanted immediate access to their "rainy day" savings because of decreased job security, Davies said. In 2010, an increase of seven per cent in planned contributions, most of which came from young contributors, and a decrease of five per cent in February contributors are indications of an increased sense of job security, she said.

Though the percentage of last-minute, one-time contributors has gone down, the numbers are still high at 30 per cent, she added. "I see how people get concerned," she said, "but if they keep contributing a little bit every month or so, they will have the advantage of compounding over time."

MATTHEW LOPES/FOR METRO

Saving race

- **In 2010, the average** reported market value of all RRSPs increased by 17 per cent, but the value for young contributors decreased.
- **Among people 18 to 33,** RRSP market value decreased by 16 per cent to $26,907 in 2010, from $32,212 in 2009. Though market value for young contributors decreased, those 18 to 33 plan on contributing an average of 36 per cent more this year.
- **Contributors aged 35 to 54** increased their RRSP market value by 11 per cent to $64,367 in 2010, from $58,005 in 2009.
- **RRSP market value for** Canadians 55 and older increased by 17 per cent to $101,513 in 2010, from $86,513 in 2009.
- **Deadline for 2010** contributions is March 1. (Statistics provided by RBC.)

Market moment

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BLOCKBUSTER

WHAT GIVES YOU THE HEEBIE-JEEBIES?

She says ...

JESSICA NAPIER

Last week I read a story about a 34-year-old British woman who is extremely afraid of metal cutlery. She's been using plastic utensils for 17 years because the sound of a fork scraping against a plate gives her a panic attack.

Bizarre right? But she's not alone. While popular phobias like snakes and spiders might get all of the attention, there are a wide variety of not-so-obvious horrors that give people the heebie-jeebies.

Uncommon fears range from the weird (genuphobia: Fear of knees) to the discriminatory (peladophobia: Fear of bald people) to the incredibly ironic (hippopotomonstrosesquippedaliophobia: Fear of long words).

While these phobias might seem a bit silly, they can cause serious emotional distress.

My co-worker Magda, who is relatively sane for the most part, is terrified of pigeons. The phobia is taking over her life; she won't walk in certain parts of the city and runs shrieking from the subway when one of these "rats with wings" finds its way onto the platform.

"So where does an irrational fear of fromage come from?"

Another friend has a bizarre aversion to cheese. I wouldn't classify her as a full-blown turophobe, but I have seen her run away from a slice of cheddar.

So where does an irrational fear of fromage come from? Are phobias something we inherit in our genes or do we acquire these unusual anxieties over time?

Ever since I can remember I have been inexplicably frightened of elevators. There was no traumatic childhood experience and I am fine with confined spaces but something about them makes me nervous. And so, when my boyfriend and I found ourselves trapped in an elevator last year — because these sorts of things always happen eventually — I was anticipating the worst.

While he gave me a suggestive eyebrow raise and proposed we "take advantage of the situation" (wink, wink) I began shrieking uncontrollably; I was far from turned on by the whole facing my worst nightmare thing

However, after the hyperventilating subsided I realized that, yes, this was my greatest fear come true and yet — it wasn't all that bad. Unnerving and inconvenient maybe, but terrifying? Not so much.

Liberating yourself from a deep-seated phobia can be a long and difficult process, but sometimes it can be as simple as confronting it head on.

I'm over my issues with elevators, but now I have developed a new affliction. It seems that February has brought on a serious case of chionophobia — fear of snow.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Things you do for love

Worth mentioning

It was one long kiss — one world-breaking embrace for mankind.

One determined Thai couple locked lips for 46 hours 24 minutes nine seconds to celebrate Valentine's Day in Pattaya, Thailand, emerging victorious and exhausted after a landmark "kissathon" that organizers claim marked the longest recorded smooch in history.

The previous record of a little more than 32 hours was set in 2009 by a couple in Germany, according to Guinness World Records, whose officials will have to verify the latest milestone for it to become official.

Fourteen mostly Thai pairs entered the contest when it kicked off Sunday at 6 a.m. local time. By yesterday afternoon, half had already beaten the record and were still puckering up at a shopping mall in Pattaya. Passing tourists gawked and smiled at the spectacle, snapping pictures with glowing cellphones.

The winner was announced before dawn early today: A Thai couple from Bangkok named Ekkachai and Laksana Tiranarat.

The pair won a diamond ring worth 50,000 Thai Baht ($1,588), and a 100,000 Baht ($3,177) cash prize.

THE ASSOCIATED PRESS

Smooching spectacle

APICHART WEERAWONG/THE ASSOCIATED PRESS

What's your favourite winter recipe?

Email torontoletters@metronews.ca

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Distribution: toronto_distribution@metronews.ca

Associate Publisher Irene Patterson, **Managing Editor** Jim Reyno, **Production/Distribution Director** Gerry Moher
METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Asst. Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst. Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute at Devil's Workshop

Depending on how closely you followed our lingerie-for-Valentine's Day advice yesterday, you may either be engaged or changing the steak on your black eye.

For those in the first camp: Congratulations! You two crazy kids are in for a ride. A crazy expensive ride. (For those in the second camp, we like our porterhouse medium rare. See you at 7.)

Now that you've set such a high standard, The Devil's Workshop at 890 Queen St. W. is your next stop. Its Saturday workshop teaches you and your intended how to forge your own wedding bands using a solid gold or silver base, your own imagination and sweet, sweet love.

JORDANA DIVON

CONTRIBUTED

▶ In elementary school you made each other paper hearts. This is basically the grownup version. Visit devilsworkshop.ca or call 416-855-4321 to sign up for its popular wedding band workshop.

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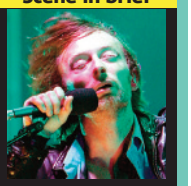

Radiohead is releasing its eighth studio album, this time with a price. The band announced yesterday that its latest release, The King of Limbs, will be available as early as Saturday. Unlike its last pay-what-you-want album, In Rainbows, this one will have a price. Fans can pre-order an MP3 download for $9 or a higher-quality WAV version for $14.

THE ASSOCIATED PRESS

Michael Jackson's dad visits Vietnam, invests in Happyland amusement park

JAE C. HONG/THE ASSOCIATED PRESS

▶ Esperanza Spalding poses backstage with the award for best new artist. The little-known Spalding beat out Canadian hopefuls Drake and Justin Bieber.

The woman who conquered Canada

Jazz singer Esperanza Spalding overcame Bieber fever and Drake, but who is she? 26-year-old already an instructor at a prestigious school

Esperanza Spalding has performed for President Barack Obama, with jazz legends like Herbie Hancock — even before thousands of eager Prince fans.

But the acclaimed jazz singer and bassist was thrust onto the biggest stage of her life Sunday as she captured the best new artist trophy at the Grammy Awards, making history in the process. The 26-year-old Portland, Ore., native became the first jazz artist to win the award in a stunner that saw her defeat Mumford & Sons, Florence and the Machine, rapper Drake, and the heavy favourite, teen pop phenom Justin Bieber.

"I feel really lucky that I got to be acknowledged on this stage in front of so many people who hopefully will get to experience my music, and I got there by doing what's really dear to my heart," said Spalding backstage after her win.

You could say Spalding is the jazz world's Bieber: a young sensation who has been a top-seller in the genre, and with amazing hair, usually worn in a huge Afro. Her talents are deep: She's also a multi-instrumentalist, songwriter, producer and arranger; and was the youngest instructor at the renowned Berklee College of Music.

Her latest album, Chamber Music Society, blended her classical background with her jazz material. She had hoped for a nomination in the jazz categories and was surprised to be nominated for best new artist instead. Things were still surreal for her after her big win: "It's already weird that I'm here, sitting in front of you," she told reporters backstage.

THE ASSOCIATED PRESS

New artist winners

There have been some other big upsets in the new artist category.

- **1977 –** Starland Vocal Band beat out Boston
- **1979 –** A Taste of Honey wins over Elvis Costello and The Cars
- **1990 –** Milli Vanilli wins (award later revoked)
- **1992 –** Marc Cohn wins over Seal
- **1997 –** LeAnn Rimes beats out No Doubt and Jewel
- **1998 –** Paula Cole wins over Puff Daddy

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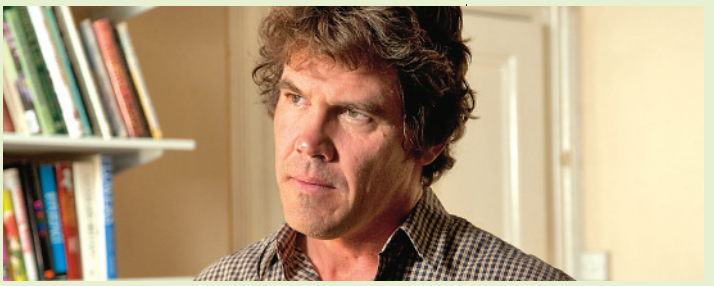
DVD Releases this week | Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Allen not at his best

You Will Meet a Tall Dark Stranger
Genre: Comedy/Romance
Director: Woody Allen
Stars: Anthony Hopkins, Naomi Watts, Josh Brolin
●●½

It's not that You Will Meet a Tall Dark Stranger is so bad, because it's not really. But neither is it terribly interesting, despite the presence of such capable talent as Anthony Hopkins, Naomi Watts, Josh Brolin, Antonio Banderas and Slumdog Millionaire's Freida Pinto.

Over-written and under-realized, it's Allen in desultory word-processor mode, barely able to muster even his usual amount of resigned cynicism about this crazy ol' life. Or rather afterlife, which is the dull hook for the year's summoning of the ensemble acting troops. The whole movie seems a mere set-up for the title joke, which involves a certain hooded gent that attends all of our funerals. ● PETER HOWELL



Unstoppable has plenty of adrenaline

Unstoppable
Genre: Action
Director: Tony Scott
Stars: Denzel Washington, Chris Pine, Rosario Dawson
●●●●

You don't want to be Googling the "inspired by real events" story behind Unstoppable, a runaway train thriller starring Denzel Washington, Chris Pine and Rosario Dawson that has momentum to spare.

The plot can be described in short whistle blasts — Must! Stop! Train! — so don't want to risk ruining the superb suspense by finding out what actually happened in the spring of 2001.

That's when an unmanned freight train later known as "Crazy Eights" (because of its 8888 numerical designation) left a rail yard in Toledo, Ohio and barreled 106 kilometres south, pulling thousands of gallons of highly toxic molten phenol acid. Derailment = catastrophe.

Unstoppable gooses the story — the speed and distance travelled are greater, the risks more terrifying, the heroism more heroic — but the script by Mark Bomback (Live Free or Die Hard) sticks to the blunt facts. Director Tony Scott shoots much of the film as a series of television news reports, which makes it feel at times that we're watching live TV.

There's no mustache-twirling villain in Unstoppable, but there are a series of jackasses and weasels who allow a single mistake to escalate into rolling Armageddon.

Scott puts innocent schoolchildren, frightened horses and brave railway men in jeopardy all down the line, but the sadism is forgivable. You can't stop runaway adrenaline.

Extras include a director's commentary and making-of featurettes.
● PETER HOWELL

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Living the high life

Lady Gaga smokes 'a lot of pot' for musical inspiration

Lady Gaga gets a little help from marijuana when composing songs, she admits to 60 Minutes during an interview with Anderson Cooper.

"I still smoke a lot of pot when I write music," she says.

"I'm not gonna, like, sugar coat it for 60 Minutes, that I'm some, like, sober human being, because I'm not."

But the Grammy-winning singer was quick to add: "I don't want to encourage kids to do drugs." METRO

GETTY IMAGES

▶ Lady Gaga

Celebrity tweets

Justin Bieber [@justin bieber]

As for the awards...of course I wanted to win. Its been & still is a dream to win a grammy. Was I upset...yes. But I was happy for her also.

Lindsay Lohan [@lindsay lohan]

@LadyGaGa really is amazing!!!!!

Samantha Ronson [@samantha ronson]

I wish the itunes store was a vending machine.

Steve Martin [@Steve MartinToGo]

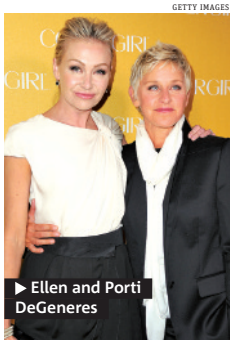
I've been deposed in Egypt after my one day reign when a policeman told me to "please move along." METRO

DeGeneres' safe after intrusion

A woman was arrested late last week for trespassing on Ellen DeGeneres and Porti DeGeneres' Beverly Hills property, according to People magazine.

"The property is protected by a 24-hour security team that detected and detained the intruder until she was turned over to the custody of Beverly Hills police officers, who arrested her," the talk-show host's rep says in a statement. METRO

GETTY IMAGES



▶ Ellen and Porti DeGeneres

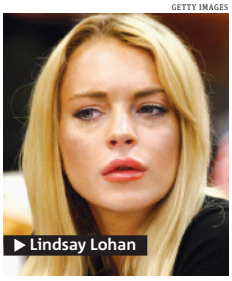
Lohan's lawyer tries new tactic

Lindsay Lohan reportedly couldn't return the $2,500 US necklace she's charged with stealing because of her hectic schedule, according to Hollyscoop.

"Ms. Lohan was in possession of the necklace and wanted to give the necklace back to the store the day after she took it from the store, but she was very busy," the actress' assistant says in a police report.

Meanwhile, Lohan's lawyer is trying a new tactic. Shawn Holley says even if she had stolen the necklace, the charge should have been for petty theft and not grand theft. "A $5 lump of coal with a $2,500 price tag is still a $5 lump of coal," he says. METRO

GETTY IMAGES



▶ Lindsay Lohan

Talking points

Will names his best man

Prince William will have his brother by his side when he ties the knot, as Buckingham Palace has announced that Prince Harry will serve as best man for the upcoming royal wedding. Kate Middleton has tapped her sister, Pippa, as maid of honour. METRO

Sheen on the wagon

Charlie Sheen's at home rehab treatment seems to be working, according to TMZ, as the troubled actor has reportedly passed two drug tests in the past two weeks. Sheen has even found the time to deliver an anti-drug speech to the UCLA baseball team, which gave him a standing ovation. His advice was simple: "Stay off the crack. Drink a chocolate milk." METRO

A girl for Posh and Becks?

Despite reports that David and Victoria Beckham are expecting a daughter, the former Spice Girl insists she doesn't know her next child's gender, according to USA Today. "I can go on the record and say contrary to rumours, I do not know the sex of my baby," she says. METRO

Sports nutrition to help the rest of us

You may not be an elite athlete, but that doesn't mean you should cut out the carbs An expert at the Canada Games tells Metro why

CELIA MILNE
LIFE@METRONEWS.CA

Don't skimp on carbs if you are active. That message comes from Tristaca Caldwell, an expert in sports nutrition who is on hand to counsel athletes at the Canada Games in Halifax, on now until Feb. 27.

Although few of us need as much fuel as elite athletes, we should be conscious of what our bodies need based on activity level. A low-carb diet — avoiding bread, cereal, rice, pasta and potatoes — often strips weight off but may deprive muscles of fuel.

"If you are doing moderate to high intensity activities, your body relies mostly on carbohydrate and some fat to provide the energy it needs," says Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax. "Most of us have enough fat already stored, but we need to provide our bodies with carbs just before we exercise."

In the one to two hours before activity, aim for about 50 to 100 grams of carbs, she says.

Her examples include: a granola bar and a piece of fruit; whole grain toast with peanut butter and jam; a smoothie containing fruit, yogurt and milk; or a small bowl of cereal with milk.

After you exercise, you want to replace some of the carbs you burned and re-fuel for your workout the next day.

Having even five to 10 grams of protein following a workout is all most people need to make sure they maintain and build muscle mass. But in order to have this muscle-building effect, you need carbohydrates.

Examples: chocolate milk, fruit and yogurt, or whole grain crackers and cheese.

Sports at the Canada Games include biathlon, curling, hockey, skiing, figure skating and speed skating. Athletes there could be burning as many as 4,000 calories per day.

"That requires a lot of eating to keep themselves fuelled!" says Caldwell.

Hydrating

There's a lot of confusion about hydrating.

Water If you work out for less than an hour, all you need to drink during your activity is water. If you exercise for more than an hour, you can avoid "hitting the wall" by having 500 ml of a sports drink, water diluted with juice or a sports gel product, says Tristaca Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax. Not sure if you're getting enough liquid? Weigh yourself before and after a workout. "If you weigh more than two pounds less after a workout, you are not consuming enough liquid."

ANDREW VAUGHAN/THE ASSOCIATED PRESS

▶ Saskatchewan's Axel Morin races the men's 3000 metre speed skating event at the 2011 Canada Games in Halifax over the weekend.

MYTHS

How to eat around workouts

Tristaca Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax, clears up some myths about diet and exercise.

I workout therefore I can eat whatever I want "We need to be concerned not only with the number of calories we're feeding our bodies but where those calories are coming from," says Caldwell. Eat high quality calories (such as complex carbs).

ISTOCK PHOTOS

I don't need to eat after my workout. You need to replenish protein and carbs burned. "Pack a snack for after your workout if it's going to be more than an hour until your next meal," recommends Caldwell.

CELIA MILNE

3 life

Fitness future

Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. The fitness-simulation program displays your image on the screen, tracks your movements and offers various classes like yoga and cardio boxing complete with a virtual trainer. She'll do similar activities with her own personal trainer. Her first story appears on Metronews.ca today and will run twice a week, concluding with a wrap up story in the Feb. 28 edition of Metro.

METRO

Diet Pepsi launches 'skinny' can for fashion week; some critics give it a big no

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AFTER YOU'RE DONE

FINISH UP

Spend 30 seconds just sitting, thinking again about your body parts. Just 'be'.

TAKE IT HOME

Form a clear idea about what task you're going to do next. And throughout the day, take a couple of deep breaths. Goodbye tension.

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STEP 1: GET STARTED

Find a quiet space. Sit with your hands resting in your lap or on your knees keeping your back straight. Your neck should be relaxed with your chin slightly tucked in. Set a timer for 15 minutes.

STEP 2: BREATHE

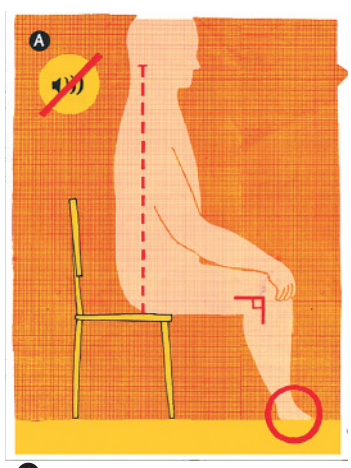
Defocus your eyes, gazing into the middle distance. Take five deep breaths, breathing in through the nose and out through the mouth. Close your eyes.

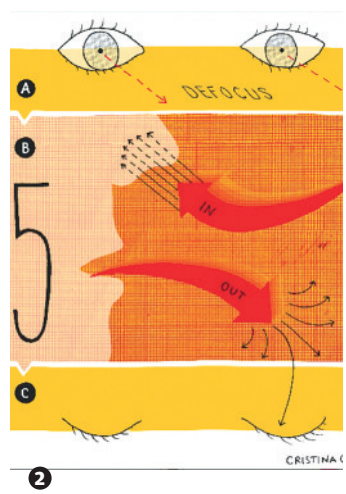
STEP 3: CHECK IN

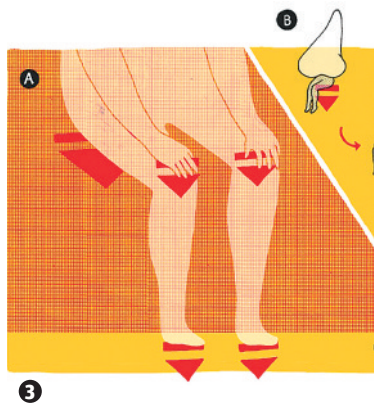
Slowly settle into your body. Observe your posture and notice the sensations where your body touches the chair and your feet meet the ground. Feel the weight of your arms and hands resting on your legs. Notice anything you can smell, hear or taste.

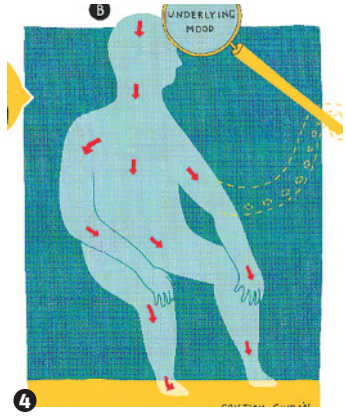
STEP 4: SCAN THE BODY

Turn your mind inwards. Scan your body from head to toe observing any tension or discomfort. Scan again, this time noticing which parts of the body feel relaxed. Spend 20 seconds on each scan. Then turn your awareness to your thoughts. Become aware of what's there without judgment.









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A GREEN LIVING CONSULTANT FOR LEADING COMPANIES, AND OWNER OF BORDEN COMMUNICATIONS + DESIGN INC. SHE IS ALSO A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

ISTOCK PHOTOS

▶ Cultivate a healthy love all year round.

Store shelves are now brimming with leftover 'tchotchkes' — from commercially manufactured greeting cards to plastic-wrapped, imported carnations and roses — that can really take its toll on our environment.

This year, celebrate your sweetie all year round without breaking the bank — or the Earth's heart. It's really not that difficult and the benefits include a happier, warmer relationship with someone you love.

Here's how.

1. Shower Together

Did you know that showers account for 22 per cent of individual water use in North America? So cut down (and double your fun) by doubling up. Want to show a little extra love? Give your sweetheart a few great organic soaps wrapped in a luxurious, organic bathrobe.

2. Engage in Pillow Talk

A Pleasure Pillow by Mette Vangso is the ultimate luxurious gift. Each beautiful pillow — filled with organic buckwheat — molds to your curves, keeping the heat or chill exactly where you need it.

3. Raise a glass

But first, fill it with something local and pesticide-free. Look for Southbrook, Malivoire, or other organic wines that use sustainably grown grapes. (For a healthy brew, try Mill Street Organic.)

4. Screen something

Brew your favourite loose-leaf tea in a French Press (no tea bags means no bleach, strings or staples required), or a fair-trade, organic, hot cocoa while watching a movie (try Chemerical or Food Inc.).

5. Indulge

Soothe the soul and tickle the palate with a little dark, organic, fair-trade chocolate. In addition to preventing heart disease and cancer, the dark stuff has been shown to improve mood by boosting the brain chemical serotonin.

6. Experience it together

Take a cooking class. Visit a famous attraction. Go mini-golfing or bowling. Get tickets to a concert or play, or try a new restaurant with a local and sustainable menu.

7. Give a rose bush instead of roses

Think local, think organic and think about buying the whole plant, tree or herb, so that it can be enjoyed all year-long. It will be a constant reminder of your love for each other.

8. Kiss (something goodbye)

Maybe your plastics or all of those nasty cleaning chemicals? Clean out a cupboard or a room together and replace everything with healthier options — or nothing at all.

Remember, "less" in no way needs to mean "less special."

Get to the true heart of the matter, keep the twinkle in your sweetheart's eye and show love and respect for our planet. Even better, try to repeat this daily.

Find more healthy news at DailySqueeze.ca.

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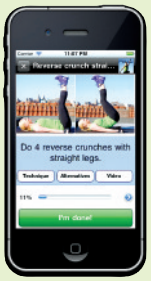
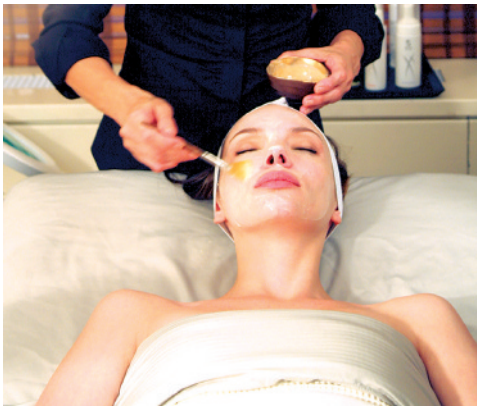
Fitness pick of the week:



The iPhone 'Po workout'

Swedish developer Susanna Jarl is the brain behind the 'Po Workout', a series of 12 fun workout routines that get you sweating with both cardio and strength training exercises (check out the reverse crunch in the photo). Each routine takes between five to 10 minutes and combines leg toning with fat burning or bum firming moves. Upload and share your workout performance on Facebook or tweet about your hard work. The peer pressure of sharing will keep you motivated all along.

ROMINA McGUINNESS



Get a Geisha's spotless skin

Shizuka Bernstein, creator of the Geisha Facial, tells Metro why nighingale droppings are good for exfoliating.

"Geishas used to cleanse their skin with nightingale droppings to remove their heavy white makeup that contained lead. I tested this and found it to really work. Natural enzymes in the droppings help to exfoliate dead skin cells and guanine (a natural compound found in many cosmetic products) gives the skin a pearly glow. Combining the nightingale droppings with delicate Japanese rice bran enhanced the exfoliating mask and also helped neutralize the smell," Bernstein said.

You can find out more at shizukany.com

METRO

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Dare to venture beyond the Danforth for Greek

Just Greek proves great Mediterranarean cuisine exists all over Toronto

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

STEPHANIE DICKISON

The Chicken Souvlaki at Just Greek comes with roast potatoes.

You'd think if I wanted Greek, I'd go to the Danforth, but I was curious to see how it fared outside of Greektown.

Located right near Royal York station, Just Greek is a large space with high ceilings and smart decor in dark rich browns accented with blue. It's not your typical Greek restaurant, that's for sure.

The menu offers some great items including affordable lunch specials that don't skimp on the portions. Breaded Fillet of Sole ($9) is moist and light with fries that actually taste like potato. The Chicken Souvlaki (small $11/large $13) meat is really juicy, and the lemony roast potatoes are well-seasoned, if a bit dry.

Accompanied by dense, warms buns that are flaky and chewy, and salads that are incredibly fresh and don't have a stitch of extra dressing, you get incredibly good food for a great price.

I just kind of miss the white stucco walls.

Just Greek
3004 Bloor St. W.
416-239-5000
justgreek.ca
Reservations: Yes
Social lunch: Yes
Rating: 4.5 out of 5

ISTOCK

Ribs with Coffee Barbecue Sauce

Prep time: 20 mins
Marinating: 2 hrs
Cook time: 1 hr 30 mins

EMILY RICHARDS
FOOD@METRONEWS.CA

Ingredients:

- 2 cups (500 mL) brewed coffee
- 1 cup (250 mL) molasses
- ½ cup (125 mL) mango chutney
- ½ cup (125 mL) apple cider vinegar
- 1/2 cup (125 mL) ketchup
- 1 tbsp (15 mL) Worcestershire sauce
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) hot pepper sauce
- 4 racks (about 4 lbs/2 kg) pork baby back ribs

Preparation:

1. In a saucepan combine coffee, molasses, chutney, vinegar, ketchup, Worcestershire sauce, salt and hot sauce; bring to boil. Reduce heat and simmer about 15 minutes.
2. Cut ribs into 2-rib portions. Place in roasting pan. Pour sauce over ribs and let cool. Cover with foil and refrigerate for at least 2 hours.
3. Bake, covered in 325 F (160 C) oven for 1 hour. Uncover and turn ribs, bake for 30 minutes or until meat almost falls off the bone. Remove ribs to serving platter. Spoon off fat from barbecue sauce and pour into pitcher; serve with ribs.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

ARE YOU SINGLE BY CHOICE OR BY LUCK?

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS @METRONEWS.CA

I'm in my 30s, in good shape, pretty, smart — my friends say I'm a good catch. So why is it that I'm single? The men I meet are either way too keen, which is kind of a turn-off, or total players, which should be a turn-off but isn't. Either way, I'm still alone. Please help!

Andrea: Dear 30s, you obviously don't need a paper bag over your head to get lucky, so the question is: Is it possible that you're choosing to be single?

If you're carrying emotional baggage, you need to unload. Otherwise, your date won't have a chance at making you feel adored and adorable.

You'll be too busy wondering what he's thinking, where it's going, and end up in a straight-jacket.

Time for self-empowerment: Imagine if you switched roles, and you swept him off his feet. What kind of guy would be worthy? How would you do it?

When you look at it from this angle, you become more confident about your wants and needs, and maybe even have the guts to go after it. If you're still in the slumps after all this, forget Mr. Right and go find a Mr. Right Now.

You're way too stressed out.

Claire: Dear you-remind-of-me, the good news is that you sound so awesome that I'd date you.

The bad news is that you don't sound sure about what kind of man you want, and your uncertainty radiates off you like Britney Spears' latest perfume.

So stop trying for a couple of weeks, and stop thinking about it. Then write down five things you don't want in a man, followed by five things you do want.

Keep it simple but clear.

And when you do get back out there, consider that you don't have to respond to every man who hits on you: Ignore the player, and give the keener a chance.

And as my wise sister says, feel free to go after the one you want, too (even if he hasn't yet gone after you). What do you have to lose?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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▶ Henry & Jennifer

THE REVERSE EFFECT OF PLAYING CUPID

Names: Henry, 20, and Jennifer, 20

Current city: Mississauga and Toronto

Together since: 2005

Their story:

It wasn't so much about how we met, but how we actually ended up together...

After I (Jennifer) met my very first high-school friend in a technology class, she and I immediately started scoping out the boys at school. And she quickly honed in on one guy in particular — Henry.

After that, my friend and I spent most of our lunch hours stalking him!

So, I secretly added Henry on MSN with the intention of telling him about my friend and then surprising her with my covert matchmaking.

But after Henry and I chatted and got to know one another, it was actually he and I who made a match.

We went on many secret lunch dates and love was definitely in the air. Lucky for me, my girlfriend moved on to the next hot guy at school, so she didn't mind that Henry and I were together!"

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Red roses, red flags

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

It's the day after Valentine's, you've exchanged treats with your sweetie and all is well. Or is it?

Love should be all about romance and passion but the fact is money problems are a prime killer of relationships over time. If you aren't financially compatible with your partner the stress mounts up.

Most people wouldn't dream of choosing a mate based on their financial personality — unless, of course, you're looking for a sugar daddy or mommy. But how a person handles their money does reflect elsewhere in life.

As a public service to all the Valentines out there, here are nine, totally unromantic red flags to warn of a potentially disastrous relationship.

ISTOCK

▶ When it comes to your partner's financial history, love can certainly be a battlefield.

1. Lives at home but has no savings.
2. Has a modest or part time income (nothing wrong with that) but doesn't show any interest in working full time or bettering themselves.
3. Borrows money from you and has to be asked for it's return. (Make this a double red flag if he or she borrows money on a first date.)
4. Regularly borrows money from family members.
5. Uses a cheque cashing or pay day loan service.
6. Can't exactly explain what he or she does for a living — the last time I ran into this the charming fellow had a grow op in his basement, but said he was into import/export.
7. Has stacks of unopened bills.
8. Makes lots of cash withdrawals.
9. Shows a reluctance or impatience to talk about anything financial.

If some of these red flags pop up, move cautiously. People can get very defensive about money so talking might be difficult. But don't give up because if you can't discuss every aspect of money you'll have serious problems down the road.

One way to break the financial ice — or relationship — is to suggest trading credit reports. This is the litmus test. If your main squeeze is still taking your phone calls the next day, you may have found yourself a keeper.

Money matters

- 86 per cent of couples argue about money
- 48 per cent of couples don't share the same money management philosophy. **SOURCE: CREDIT EDUCATION WEEK CANADA**

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

MY DIGITAL DOUGH

Ever forgot to pay a bill? Are your bank statements buried under heaps of paper in your kitchen? It's hard to keep your financial life on track and set goals for the future without organization.

Many online banks have recently developed "money trackers" which help you categorize and analyze your budget, expenses, savings and net worth; automatically rolling the information into slick looking pie charts and spreadsheets. These user friendly platforms will also keep track of important dates like when your mortgage is up for renewal. My favourite part about them is they're free for online banking customers!

You might run into some snags if you've got money scattered across multiple banks. Try to consolidate accounts so you're dealing with one or two institutions.

Unless you've gone totally digital, you're receiving important documents by mail — insurance and bank statements, health records, bills, education records, certificates, receipts, etc. Don't chuck these in the trash. You might need them for taxes, audits, or proving to a future employer you've completed high school.

Separate the paper into file folders with categories like "utility bills" or "RRSP statements." Then, store them in a basic filing cabinet — nothing fancy — pick up a cabinet on e-bay or Craigslist for less than $50. Order files alphabetically or by date. Avoid files labeled "other" because they'll become a dumping ground where you to can't find anything.

ISTOCK IMAGES

▶ Take care of those savings, and watch them grow.

How safe is your nest egg?

- Not all RRSP funds are protected by the federal government
- Here's a look at what is covered and what is not covered

Each time you contribute to a Registered Retirement Savings Plan (RRSP) you're likely envisioning a secure and comfortable retirement. But just how secure is it? Knowing if these hard-earned, tax-sheltered savings are well protected will help you make important investment decisions and plan for a worry-free retirement.

The Canada Deposit Insurance Corporation (CDIC) is the federal government organization that exists to protect the savings of Canadians. CDIC insures eligible deposits held in an RRSP separately from other eligible deposits, up to a maximum of $100,000.

For example, suppose that you have a savings account at ABC Bank and you also have a savings account within an RRSP at the same bank.

If ABC Bank fails or goes bankrupt, both accounts will be protected separately, up to $100,000, for a total of up to $200,000 in deposit insurance protection.

Although bank failures in Canada are rare, they have happened in the past and could happen again. That is why it is important to know if your retirement savings are protected by CDIC.

In addition to savings accounts, other financial products within your RRSP may be automatically insured by CDIC deposit insurance. GICs or other term deposits with an original term maturity of five years or less will also be protected (provided they are held in Canadian currency at a CDIC member institution). It is important to remember though that regardless of how many accounts or financial products you have in an RRSP registered in your name and in the same financial institution, the total combined coverage is still $100,000.

Keep in mind that not every deposit within an RRSP is protected by CDIC deposit insurance. Investment products such as mutual funds, stocks, bonds, treasury bills, and term deposits that mature in more than five years are examples of investments within an RRSP that are not protected. The RRSP must also be held in a CDIC member institution, such as a bank, trust company or loan company for it to be eligible for deposit insurance coverage. For more information on what's protected, visit www.cdic.ca.

Make informed investment decisions when contributing to your RRSP. Whether you are new to the workforce or planning for retirement, you can take comfort in the fact that eligible deposits within your RRSP are protected by CDIC.

NEWS CANADA

Know what's insured

The Canada Deposit Insurance Corporation (CDIC) is the federal government organization responsible for protecting the savings of Canadians in the event their financial institution fails or goes bankrupt. CDIC provides automatic protection on eligible deposits within your Registered Retirement Savings Plan (RRSP) up to $100,000.

100k

That's the limit of government coverage for your RRSP. However, the same limit also applies separately to your non-RRSP savings, for a total coverage of $200,000.

Read on for more information on what's covered and what's not.

What's covered?

Eligible savings within your RRSP held in Canadian currency at CDIC member institutions, such as banks, loan companies and trust companies, will be automatically insured up to $100,000.

CDIC insures eligible deposits held in an RRSP separately from other eligible deposits.

Eligible deposits include:

- Savings accounts
- GICs or other term deposits with an original term to maturity of 5 years or less
- Debentures issued by loan companies

What's not covered?

CDIC does not insure foreign currency deposits such as U.S. currency accounts.

CDIC also does not protect against fraud, theft or scams.

Products that are not eligible for deposit insurance include:

- Mutual funds
- Stocks
- Bonds
- Treasury bills
- Term deposits that mature in more than five years

You can calculate your savings protection online at cdic.ca.

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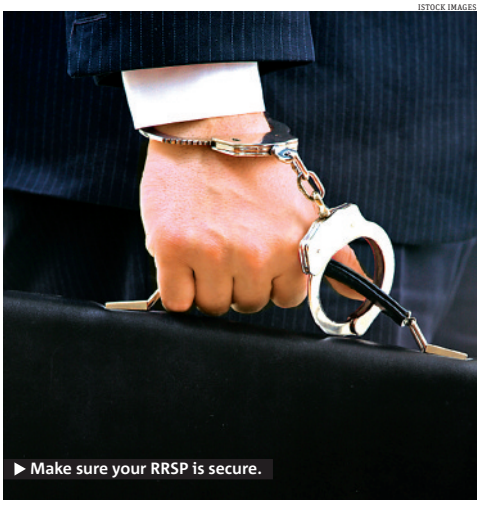

▶ Make sure your RRSP is secure.

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It's RRSP time: So stop making excuses

INVESTING

TALBOT BOGGS
THE CANADIAN PRESS

Excuses, excuses! People come up with all kinds of excuses for any number of reasons or occasions: the dog ate my assignment; the cheque's in the mail; I'll clean the driveway when it stops snowing.

The same principle applies to Canadians contributing to their Registered Retirement Savings Plans (RRSPs). Canadians now have about $500 billion in unused RRSP contribution room, and that number grows every year.

"Everybody procrastinates about something, like going to the doctor," says Sara Kinnear, Senior Tax and Estate Planning specialist with Investors Group in Winnipeg. "But when it comes to money and retirement planning, there are about seven top excuses that we see the most."

The first is that I'm young, I have lots of time to worry about my retirement and it's too far in the future to worry about now.

"The truth of the matter is that the sooner you start saving the longer your money has time to work for you," Kinnear says. "We try and encourage people to start saving as soon as they start working, but that's often hard to communicate to a young adult whose retirement is a long way off."

Financial advisers and experts recommend that people start an automatic or pre-authorized withdrawal plan from their pay cheques as soon as they can.

Another common excuse is that there are too many other financial priorities, such as saving to buy a house or car, a vacation or a child's education.

"There will always be competing interests for your money but you've got to make some decisions — like do I want those lattes now or a good retirement later," Kinnear says. "If you look at your budget you probably can find some wiggle room, things you can cut out like lattes or restaurant meals that can fritter away your money."

"I'll catch up later" is another common theme for not contributing to your RRSP. "This is the clarion call of all procrastinations, like waiting till the last minute and pulling an all-nighter to do your term paper," Kinnear says.

Some people today — although not as many as in the past — still are under the impression that the government will look after their retirement. Unfortunately, support from government programs such as the Old Age Security, Canada Pension Plan, and Guaranteed Income Supplement can amount to about $10,000 a year — a nice little sum but not enough for a comfortable retirement.

Some people reason that they shouldn't bother to put money into an RRSP now because they will have to pay tax on it later.

One of the advantages of RRSPs is that you likely will withdraw the money at a time when you are in a lower tax bracket, so you pay less tax.

Another common excuse is that it's not the right time to invest in the market. "The time may never be right, but you've got to start somewhere," Kinnear says. "If you've got 30 years to retirement, you've got time to weather the ups and downs. The key to investing is not timing the market, but the time spent in the market."

The last most common excuse is ignorance — not knowing what to do. Kinnear suggests sitting down with a certified financial planner and discussing your situation and goals. Most of the major Canadian banks have financial planners on staff that can help.

"Once people see how compounding can grow their savings over time, they are much more likely to start a plan and stick with it."
SARA KINNEAR, INVESTORS GROUP

Your plan needs to be flexible

Retirement is a very personal event that requires personal planning. Retirement plans must account for family situation and financial circumstances, but also need to factor in the chance that things might change.

"Life is always tossing curves at us — so flexibility is another important aspect of a successful retirement life plan," said Debbie Ammeter, Investors Group retirement planning expert. Ask an expert for help and examine the overall results of your retirement plan at least once a year.

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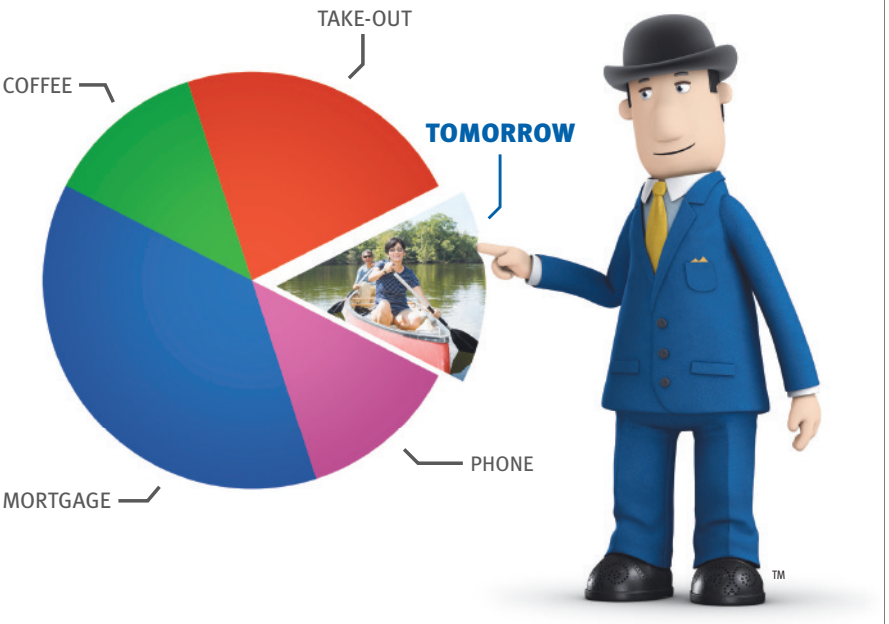

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So V-day is over but my work crush remains...

Office relationships may be frowned upon, but if your heart has been conquered by a co-worker, you're bound to pursue Here's how to do so risk-free...

ISTOCK

As long as they are able to save the smooches and sweet talk for home, workplace expert Dr. Applebaum says coworker couples pose no threat to an office environment.

JON TATTRIE
LIFE@METRONEWS.CA

Since most of us spend more time at work than anywhere else, it's likely that Cupid's arrow will pierce your heart near the water cooler. But how do you keep your affair of the heart from upsetting the stomachs of your co-workers?

Dr. Steven Appelbaum, a workplace expert at Concordia University, says office romances are inevitable and so the focus should be on companies creating clear policies and smitten employees reading them. He makes a distinction between hierarchical relationships and lateral relationships. Hierarchical involves a boss dating an employee and usually requires the employee be moved. It also carries risks of legal action if the subordinate complains the relationship was forced, or other employees cry unfair treatment.

These can be problematic, he says, whereas relationships between equals can easily fit into an office – so long as the couple is mindful of their coworkers.

No boss wants to be a "romance cop" for kissy-feely lovers, so employers prefer to focus on work issues. "If I'm the boss and I find that this thing is in the way, counterproductive and creating too much noise, how do I get this thing to level out?" Applebaum asks. "The only thing I can do to bring their attention to the problem is to deal with their declining productivity."

So long as you remain a valuable employee you should be fine. Keep the 4:59 p.m. world and the 5:01 p.m. world apart and everyone is happy.

Josey Vogels, an author and relationship expert, says keeping your love on the down-low doesn't have to mean leaving all of Cupid's arrows at home. If you don't want colleagues to know about your relationship, pose as polite coworkers and save the mushy stuff for after hours.

Even if you are open about your relationship, play it cool. "People who aren't dating their coworkers don't get to kiss and canoodle with their partners while they're working. Why should you just because you're in the same physical space?" she says. "Besides, the build-up of seeing each other all day and not getting to be affectionate will create anticipation and so you'll be even more excited when you do finally get your hands on each other. Take advantage."

In-office awws

Mac and Rosemary MacIsaac have been in a workplace romance since 2000, when the couple, married now for 33 years, started MacIssac Kiltmakers in Cape Breton.

"There's a tremendous opportunity and advantage," he says of the double partnership. "You're never having to justify or explain yourself, like you would to a boss. We don't think for one another, but often we can finish each other's sentences."

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A lunch bag makeover

Get creative with your child's midday meals and give them a brain boost

Are you bored with packing the same lunch for your family every day? Are your kids coming home with half eaten sandwiches and uneaten apples? This time of year many children are in need of a lunch bag makeover to give them the energy they need to get through the afternoon. Breakfast for Learning suggests following these three easy tips to brighten up your child's brown bag lunch.

Alter the shape

Whether it's cutting an orange into easy–to–eat bite–sized pieces, slicing up a mundane apple to mimic a beautiful fan or simply cutting a sandwich into three pieces instead of two, changing the appearance of your child's food will spark their interest and give them the enthusiasm they need to eat the nutritious lunch that you've packed.

Makeover your sandwich

NEWS CANADA

▶ Promote healthy eating in your household by discussing the positive aspects of the food your family is consuming.

Transform your ordinary sandwich into an impressive entrée. Leave the bread at home and stuff your sandwich fixings into a pita, roll them into a wrap, or toss them over a bed of lettuce. Stimulate your child's creativity by simply packing ingredients and letting your child assemble his/her own lunch. (Hint: kids love making mini sandwiches out of dinner rolls or crackers.)

Introduce something new

We all know that variety is the spice of life, so why not spice up your lunch bag with something exotic? Once a week surprise your child with a new fruit or vegetable and at the end of the day have a family discussion about what everyone thought of this unfamiliar product.

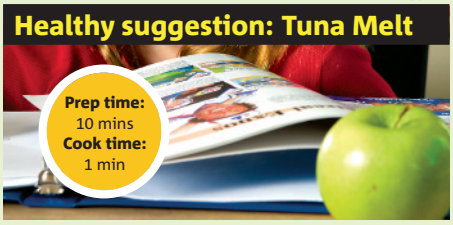
NEWS CANADA

Food for thought

More information on the importance of healthy eating and great recipe ideas can be found online at breakfastforlearning.ca.

NEWS CANADA

Healthy suggestion: Tuna Melt



Providing your children with a nutritious meal will give them the energy and focus they need to reach their full potential in the classroom. Help feed them success with this easy recipe from Breakfast for Learning national spokesperson Rose Reisman.

Ingredients:

- 1 can (6 oz) flaked white tuna (packed in water), drained
- 1/4 cup diced celery
- 1/4 cup diced red bell pepper
- 2 tbsp diced green onions
- 2 tbsp light mayonnaise
- 1 tbsp low–fat sour cream
- 1 1/2 tsp lemon juice
- pinch of salt and pepper
- 2 whole wheat English muffins, sliced in half and toasted
- 1/3 cup shredded cheddar cheese

Preparation:

1. Preheat the oven to broil. Line a baking sheet with foil.
2. In a small bowl, combine the tuna, celery, red pepper, green onions, mayonnaise, sour cream, lemon juice, salt and pepper until mixed.
3. Divide filling over the English muffin halves and place on the baking sheet. Sprinkle with cheese. Broil for 1 to 2 minutes or until the cheese is melted.

NEWS CANADA

Leafs send Versteeg to Flyers

Brian Burke made his second trade within a week, sending forward Kris Versteeg to the Philadelphia Flyers for first- and third-round draft picks in 2011.

Versteeg's tenure with the Maple Leafs lasted just 53 games. In Philadelphia, he will get an opportunity to win the Stanley Cup for the second straight year. The 24-year-old was part of the Chicago Blackhawks team that beat the Flyers last spring.

Burke refused to wave the white flag on his team's season after acquiring Joffrey Lupul from Anaheim last week, but appears to have had a change of heart.

This deal gives Toronto something it didn't have — a first-round pick, although the selection will come late because Philadelphia is challenging for the Presidents' Trophy.

Versteeg was one of Burke's biggest off-season additions last summer, arriving from Chicago for Viktor Stalberg and prospects Chris DiDomenico and Phillippe Paradis.

However, he wasn't able to take the next step on a struggling team and had recently settled into a role on the Leafs third line. He was sixth in team scoring with 35 points (14 goals, 21 assists) in 53 games.

Versteeg is set to earn $3.083 million US next season in the final year of his contract. THE CANADIAN PRESS

BRUCE BENNETT/GETTY IMAGES

▶ Kris Versteeg

Raonic still coming to grips with success

Thornhill tennis player jumps 25 places in ATP rankings after win in San Jose, now ranked No. 59

Milos Raonic says his stunning accomplishments on the tennis court in the last two months have yet to sink in.

Following last month's surprising fourth-round showing at the Australian Open, the 20-year-old Raonic upset ninth-ranked Fernando Verdasco in Sunday's final at the SAP Open to become the first Canadian since Greg Rudsedski in 1995 to win an ATP Tour tournament.

That victory in San Jose, Calif., made him the youngest ATP winner since Marin Cilic took New Haven in 2008 as a 19-year-old.

It also saw Raonic, who grew up in Thornhill, jump 25 places to No. 59 in yesterday's ATP Tour rankings after starting the year at 156th.

"The positive thing is there's a lot to work on, so there's space for improvement."
MILOS RAONIC

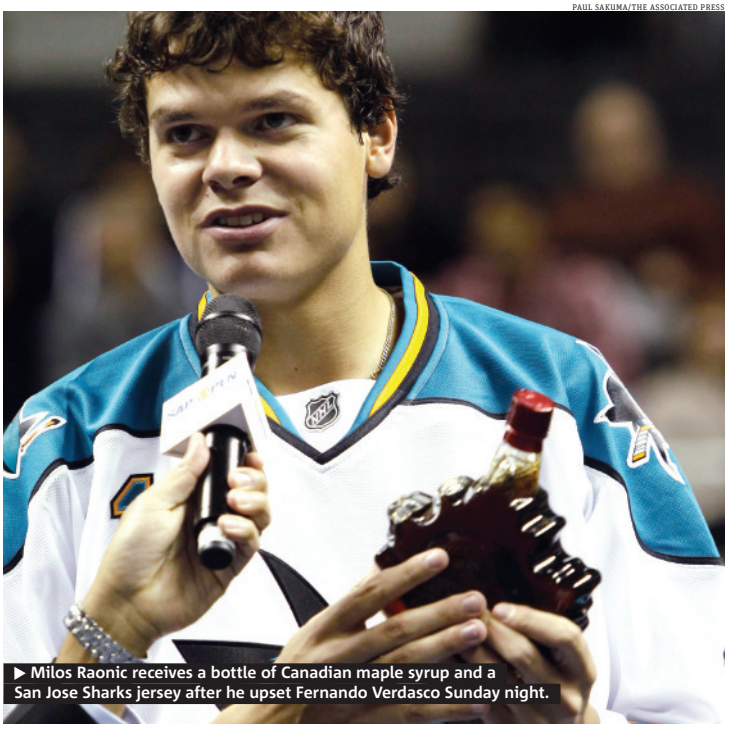
"I haven't grasped what happened and how it changed everything," Raonic said on a conference call from Memphis, Tenn. "Right now is not the time to think about that."

It's been a wild year for the six-foot-five right-hander with the thundering serve who several experts feel will almost certainly be a top-10 player one day.

At the Australian Open, he downed 10th seeded Mikhail Youzhny and No. 22 Michael Llodra to reach the round of 16, where he fell to Spaniard David Ferrer.

THE CANADIAN PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS



▶ Milos Raonic receives a bottle of Canadian maple syrup and a San Jose Sharks jersey after he upset Fernando Verdasco Sunday night.

Ronaldo hangs up his cleats

Ronaldo says he is retiring from soccer because he can't stay fit any more, ending a stellar 18-year career in which he won two World Cup titles with Brazil and thrived with some of Europe's top clubs.

The 34-year-old Ronaldo, who holds the World Cup scoring record, says a string of injuries in the past two years have kept him from performing at a high level.

67 Goals scored by Ronaldo in 104 games with Brazil. His national team career ended with an uninspired performance in 2006.

With his uncanny sprints toward goal and an incredibly accurate finishing touch, he captivated fans everywhere he played, including Barcelona, Real Madrid and Inter Milan.

THE ASSOCIATED PRESS

DUSAN VRANIC/THE ASSOCIATED PRESS

Sports in brief

Forsberg ends bid to make comeback

NHL. Colorado Avalanche forward Peter Forsberg is retiring from the NHL after playing in just two games during his latest comeback.

He took the ice in just two road games, recording no points, before deciding to call it a career.

THE ASSOCIATED PRESS

Tiger sorry for spitting

DUBAI DESERT CLASSIC. Tiger Woods apologized after he was fined an undisclosed sum by the European Tour yesterday for spitting on the green during the final round of the Dubai Desert Classic.

THE ASSOCIATED PRESS

4 sports

Leafs preview

Leafs
at Bruins
7 p.m.
TV: SNET-O
Radio: AM 640

Toronto (23-27-6) is coming off a 3-0 loss in Montreal. It was the ninth time this season the Leafs had been shut out. Much of the focus has fallen on Phil Kessel, the team's highest-paid forward who takes a 14-game scoring drought into a matchup against his former team. Kessel has yet to score against the Bruins since being acquired by Toronto in a trade before last season.

It's been a tough go of late for the Bruins (31-18-7), who have dropped three of four. No. 2 draft pick Tyler Seguin scored on his first shift Sunday in his return to the lineup after being a healthy scratch. Tim Thomas continues to lead all NHL goaltenders in save percentage (.940) and goals-against average (1.97) — although both numbers have taken a bit of a hit during the recent skid.

THE CANADIAN PRESS

A clean slate for Jays

Organization's identity in flux without a true superstar ● New manager refuses to make predictions for 2011

Spring training regularly lends the notion of renewal and hope, but at the opening of Jays camp there was the sense of something else.

Change.

It started with the hiring of GM Alex Anthopoulos last season and arrived fully when pitchers and catchers took to the field for the first time yesterday.

That field, for the first time in a recent memory, didn't hold a superstar pitcher, player, or manager. Instead, there was the belief of carrying onwards and upwards from a promising trend started last season.

Still, manager John Farrell didn't make predictions on where the Jays may end up in the win column.

"No numbers placed on wins, to me that's counterproductive," Farrell said.

Farrell played everything smart and steered away from speculation. Not even with the opening day pitcher, which is expected to be Ricky Romero.

"We're not even close to the point of speculating who will be the opening day starter," Farrell said, opening the door to competition rather than raining doubt down on Romero.

"Sometimes trying to (name a starter) brings out greater expectations. What we have is a great group of young starters who work off each other, but there's a lot of work to be done yet."

There's a feeling out process for the new manager, since he is going by this title for the first time.

Most everyone expects the Jays to live up to Farrell's promise of more aggressive base running, rather than reliance on the home run. There is more speed in camp than in recent memory, but also less home run potential than the 2010 team. There's no swagger normally attached to a superstar coming into camp.

While the club worked out in Dunedin Fla., Jose Bautista — arguably the club's marquee player — was awaiting an arbitration hearing in Arizona.

Farrell has a mostly set rotation with Romero, Brandon Morrow, Brett Cecil, and Kyle Drabek. But there's no sense in throwing down that gauntlet with six weeks of spring training to go and the organization holding a true strong suit — young pitching.

Farrell threw down the same scenario for the bullpen, where a partial rebuild brings competition for the closer's role.

Further competition for jobs in the outfield and first base promise to dominate camp.

But all the talk around Bautista, and closers Frank Francisco, Jason Frasor, Octavio Dotel, and Jon Rauch, tends to overshadow another important aspect of spring — the rise of the prospects.

The truest of them all appears to be minor league base stealing king Anthony Gose. But the list of others is promising. Pitchers like Henderson Alvarez, Joel Carreno, Chad Jenkins, first rounder Deck McGuire, and AA star Zach Stewart. Add catcher Travis Darnaud, infielders Adeiny Hechavarria and Bret Lawrie, and outfielders Darin Mastroianni and Moses Sierra, and the sense of competition grows.

Farrell knows predictions are out of bounds for now. The Jays aren't expected to contend with Boston and New York, but they can continue to knock at the door, and that appears what the theme is for now.

"Our focus will be on what we can control," Farrell said. "And that's how we prepare in spring, how we prepare nightly for games. We can't sit here and say that until Boston and New York change their teams or change their market size, that's when we'll compete. Our focus is to build on what we started last year, things that will make us a contender."

TORSTAR NEWS SERVICE

257

The Jays led the majors in 2010 with 257 homers, scoring 53 per cent of their runs via the long ball.

Bautista salary

Jose Bautista's arbitration hearing slated for yesterday was shelved to enable more contract talks with the Blue Jays.

- The slugger had reportedly asked for a one-year deal worth $10.5 million US in arbitration. The team responded with a figure of $7.6 million.
- Bautista, 30, is eligible to become a free agent after next season. He led the major leagues with 54 home runs last season and hit .260 with 124 RBIs.

NATHAN DENETTE/THE CANADIAN PRESS

▶ New Blue Jays manager John Farrell.

NATHAN DENETTE/THE CANADIAN PRESS

▶ Blue Jays players warm up yesterday during spring training in Dunedin, Fla.

NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

Player	GP	G	A	Pts	+/-	PIM
Perry	57	28	33	61	2	86
Selanne	48	17	36	53	6	24
Ryan	57	27	18	45	8	49
Visnovsky	56	8	36	44	9	18
Getzlaf	43	13	28	41	-4	32
Koivu	56	13	19	32	-3	34
Fowler	51	7	22	29	-13	14
Blake	55	11	11	22	-2	35
Lydman	53	2	18	20	25	20
McMillan	35	8	6	14	-2	18
Beauchemin	56	2	10	12	-6	18
Lapierre	53	5	6	11	-12	68
Sexton	31	3	6	9	-5	2
Lilja	40	1	6	7	-7	22
Marchant	56	0	6	6	-13	18
Parros	56	3	1	4	-3	127
Sbisa	43	2	2	4	-6	25
Sutton	34	0	4	4	1	62
Mara	33	1	1	2	-1	40
Chipchura	30	0	2	2	0	27
Brookbank	23	0	0	0	-3	43
Voros	12	0	0	0	-4	43
Hiller	48	0	1	1	0	0
McElhinney	17	0	1	1	0	0

ATLANTA

Player	GP	G	A	Pts	+/-	PIM
Byfuglien	58	17	26	43	0	49
Ladd	57	19	23	42	-5	31
Enstrom	52	8	34	42	3	32
Kane	49	16	17	33	-1	52
Little	52	14	19	33	10	29
Stewart	58	14	18	32	2	47
Peverley	58	13	18	31	-15	35
Bergfors	47	11	18	29	-7	6
Antropov	52	10	18	28	-6	28
Burmistrov	57	5	12	17	-1	23
Thorburn	58	6	9	15	3	47
Oduya	58	2	13	15	-13	18
Slater	36	5	7	12	4	19
Bogosian	47	4	7	11	-16	21
Modin	34	7	3	10	-11	12
Boulton	48	5	3	8	1	45
Hainsey	58	1	7	8	2	12
Sopel	57	2	5	7	8	12
Cormier	20	1	1	2	-5	4
Meyer	15	1	1	2	-7	8
Stapleton	21	0	1	1	-7	8
Dawes	9	0	1	1	-6	0
Machacek	5	0	0	0	-2	2
Kulda	2	0	0	0	-2	2
Welch	2	0	0	0	-1	0
Pavelec	44	0	0	0	0	2
Mason	19	0	0	0	0	2
Mannino	2	0	0	0	0	0

BOSTON

Player	GP	G	A	Pts	+/-	PIM
Bergeron	56	19	26	45	18	18
Krejci	49	8	31	39	13	20
Lucic	53	23	15	38	15	83
Recchi	56	10	28	38	12	23
Horton	54	14	21	35	18	51
Ryder	56	13	21	34	12	32
Marchand	53	16	14	30	20	32
Chara	56	10	20	30	19	65
Wheeler	56	10	15	25	8	32
Seidenberg	56	5	19	24	7	27
Seguin	52	9	9	18	0	12
Campbell	54	7	11	18	0	70
Thornton	56	8	6	14	5	103
Savard	25	2	8	10	-7	29
Kampfer	29	4	5	9	8	8
Ference	53	2	7	9	20	56
Boychuk	46	1	8	9	8	54
McQuaid	42	1	7	8	20	80
Caron	23	3	4	7	3	6
Paille	25	1	5	6	0	26
Stuart	30	1	3	4	7	23
Hamill	3	1	1	2	1	0
Bartkowski	2	0	0	0	-1	2
Arniel	1	0	0	0	-1	0
Thomas	41	0	3	3	0	13
Rask	18	0	0	0	0	0

BUFFALO

Player	GP	G	A	Pts	+/-	PIM
Vanek	54	22	26	48	-10	14
Roy	35	10	25	35	-1	16
Stafford	36	23	10	33	2	28
Ennis	54	12	21	33	-2	20
Pominville	45	12	20	32	-5	11
Leopold	54	11	21	32	-5	16
Myers	52	10	17	25	-9	26
Connolly	40	8	16	24	-10	14
Hecht	54	9	13	22	-3	30
Gaustad	54	7	11	18	6	73
Gerbe	37	7	9	16	5	22
McCormick	53	7	8	15	2	37
Montador	51	4	11	15	9	67
Grier	54	3	10	13	2	10
Sekera	53	1	11	12	-3	14
Niederreiter	45	0	12	12	-3	18
Weber	33	3	6	9	-1	6
Kaleta	40	4	4	8	0	72
Morrisonn	40	1	4	5	0	18
Adam	18	3	1	4	-4	10
Rivet	23	1	2	3	-5	12
Butler	24	0	3	3	1	10
Byron	6	1	1	2	1	2
Mancari	3	0	1	1	-1	0
Ellis	8	0	0	0	-2	0
Gragnani	3	0	0	0	1	2
Stuart	3	0	0	0	1	2
Miller	45	0	0	0	0	2
Enroth	5	0	0	0	0	0
Lalime	7	0	1	1	0	0

CALGARY

Player	GP	G	A	Pts	+/-	PIM
Iginla	58	23	31	54	-6	30
Tanguay	55	14	28	42	-2	22
Jokinen	55	13	29	42	-13	22
Morrison	58	9	26	35	7	16
Bourque	56	17	13	30	-14	32
Glencross	55	17	10	27	2	51
Giordano	58	5	22	27	-9	48
Babchuk	58	7	19	26	4	30
Stajan	52	4	15	19	1	22
Hagman	54	9	15	24	-2	22
Moss	45	12	9	21	4	16
Jackman	58	10	10	20	3	72
Bouwmeester	58	4	12	16	4	32
Backlund	50	7	6	13	3	10
Regehr	55	1	12	13	9	40
Sarich	52	2	9	11	3	54
Kostopoulos	52	4	4	8	0	59
Pardy	30	1	6	7	3	24
Kotalik	20	3	0	3	-6	6
Conroy	18	2	0	2	-1	8
Staios	18	1	1	2	1	22
Mikkelson	23	0	2	2	-6	9
Meyer	16	0	2	2	0	17
Bouma	5	0	1	1	-1	0
Brodie	3	0	0	0	-1	2
Ivanans	1	0	0	0	-1	5
Kiprusoff	49	0	0	0	0	2
Karlsson	12	0	0	0	0	0

CAROLINA

Player	GP	G	A	Pts	+/-	PIM
Staal	57	27	29	56	-11	56
Skinner	57	21	24	45	0	26
Ruutu	57	13	30	43	-6	42
Jokinen	45	12	26	38	1	16
Cole	57	16	18	34	3	39
Corvo	57	9	21	30	-8	14
Pitkanen	49	2	24	26	0	44
Samsonov	52	9	16	25	1	12
LaRose	57	10	11	21	-16	45
B.Sutter	57	12	8	20	11	12
McBain	57	4	15	19	-5	24
Dwyer	55	7	9	16	-4	12
White	55	2	14	16	-6	18
Gleason	57	2	10	12	-10	69
Tlusty	32	5	4	9	2	10
Boychuk	23	4	3	7	2	4
Carter	50	1	5	6	-4	44
Harrison	55	1	4	5	2	60
Dalpe	15	3	1	4	0	0
Bodie	47	0	3	3	-6	46
Matsumoto	13	2	0	2	-4	4
B.Sutter	5	0	1	1	-1	5
Bowman	8	0	0	0	1	6
Carson	8	0	0	0	4	4
Rodney	3	0	0	0	0	2
Samson	1	0	0	0	0	0
Ward	50	0	0	0	0	2
Peters	11	0	0	0	0	4

CHICAGO

Player	GP	G	A	Pts	+/-	PIM
Toews	54	19	31	50	14	18
Sharp	55	28	21	49	-11	28
Kane	47	18	28	46	-6	14
Versteeg	56	16	22	38	-7	32
Kopecky	55	10	22	32	-11	42
Seabrook	56	4	27	31	-3	36
Hossa	39	12	18	30	6	16
Keith	56	5	25	30	-3	18
Bickell	53	13	16	29	9	36
Frolik	54	8	21	29	1	20
Bolland	49	12	15	27	6	32
Campbell	43	2	17	19	22	4
Dowell	53	5	12	17	9	54
Stalberg	52	8	8	16	-1	26
Pisani	45	7	8	15	5	8
Boynton	41	1	7	8	2	36
Whitney	36	0	8	8	4	8
Cogliano	54	2	4	6	6	27
Paajarvi	9	2	1	3	2	9
Horcoff	20	2	0	2	-3	0
Jones	55	12	4	16	-3	19
Gilbert	33	0	1	1	-2	45
Omark	27	3	11	14	-11	14
Foster	52	3	10	13	-8	37
Peckham	53	3	6	9	-7	132
Brule	34	6	2	8	-7	33
Vandermeer	36	1	7	8	3	28
Smid	52	0	8	8	-12	70
Reddox	19	0	6	6	-1	0
Fraser	55	2	2	4	0	58
Stortini	32	0	4	4	-2	76
Jacques	30	3	0	3	0	19
Petry	21	1	2	3	-4	6
O'Marra	9	1	2	3	0	2
Chorney	6	0	2	2	-3	2
MacIntyre	17	0	1	1	0	49
Strudwick	22	0	0	0	-8	11
Belle	5	0	0	0	-2	0
Khabibulin	36	0	0	0	0	10
Dubnyk	21	0	0	0	0	2
Gerber	2	0	1	1	0	0

COLORADO

Player	GP	G	A	Pts	+/-	PIM
Duchene	56	21	26	47	-1	21
Hejduk	49	17	28	45	-8	16
Stastny	54	17	27	44	-6	38
Liles	56	6	29	35	0	29
Jones	52	13	12	25	1	22
Fleischmann	45	12	12	24	3	31
Stewart	34	12	17	29	-11	38
Shattenkirk	44	7	19	26	-8	20
Yip	48	9	10	19	-7	42
Porter	48	10	7	17	5	14
Winnik	55	7	10	17	1	31
O'Reilly	48	5	11	16	6	8
Galiardi	35	7	8	15	-6	12
Dupuis	54	4	9	13	1	21
Mueller	45	3	8	11	2	34
Mauldin	29	5	5	10	5	8
Wilsky	18	1	7	8	3	10
Foote	41	0	8	8	-8	31
Dvorak	46	6	13	19	5	14
Kulikov	51	5	14	19	8	26
Skille	51	7	10	17	2	25
Matthias	47	6	10	16	1	16
Jost	38	5	11	16	1	6
Bernier	44	5	9	14	-9	14
Allen	46	4	8	12	1	59
Dadonov	25	4	7	11	2	14
Reinprecht	29	4	6	10	-2	6
Weaver	26	2	8	10	1	20
Varrin	46	3	6	9	0	32
Ellerby	29	1	7	8	1	10
Thomas	14	2	3	5	1	4
Hordichuk	41	1	3	4	3	51
Repik	9	1	1	2	-5	4
Timmins	6	1	0	1	-1	4
Callahan	5	0	0	0	-1	2
McArdle	5	0	0	0	0	11
Wilson	2	0	0	0	0	2
Vokoun	42	0	1	1	0	2
Clemmensen	17	0	1	1	0	2
Markstrom	1	0	0	0	0	0

COLUMBUS

Player	GP	G	A	Pts	+/-	PIM
Nash	55	26	23	49	3	30
Umberger	56	19	22	41	6	32
Brassard	56	14	25	39	-1	47
Voracek	54	10	26	36	5	22
Vermette	56	13	18	31	3	42
Tyutin	54	5	17	22	-4	28
Huselius	33	12	8	20	-14	8
Methot	51	0	15	15	7	46
Clark	44	5	9	14	-1	27
Pahlsson	56	5	8	13	-4	22
Hejda	53	2	11	13	-2	20
Strahlman	42	2	11	13	-12	129
Russell	49	2	10	12	-3	16
Wilson	31	4	7	11	-2	12
Boll	47	6	4	10	1	149
Klesla	45	3	7	10	10	26
Dorsett	52	3	6	9	-12	119
MacKenzie	37	3	6	9	11	20
Clitsome	14	3	6	9	4	6
Murray	22	4	4	8	5	4
Filatov	23	0	7	7	3	8
Calvert	16	4	2	6	2	4
Wozniewski	16	2	4	6	-8	44
Moreau	23	1	4	5	-5	16
Sessito	9	2	2	4	-4	40
Holden	5	0	0	0	0	0
Guenin	3	0	0	0	-3	2
Blunden	1	0	0	0	-1	0
Moore	1	0	0	0	-1	0
Mason	37	0	1	1	0	0
Garon	26	0	1	1	0	2

DALLAS

Player	GP	G	A	Pts	+/-	PIM
Richards	56	24	39	63	4	24
Eriksson	55	18	35	53	13	4
Ribeiro	56	10	32	42	-4	20
Morrow	56	24	14	38	-4	49
Neal	56	20	17	37	9	58
Benn	46	13	20	33	-5	36
Robidas	55	4	22	26	5	57
Ott	56	10	12	22	-6	134
Daley	56	5	16	21	9	24
Langenbrunner	45	5	14	19	-15	31
Burish	52	7	4	11	2	77
Segal	36	4	5	9	0	34
Grossman	54	1	8	9	-4	35
Nieminen	37	1	6	7	8	18
Skrastins	52	3	3	6	-4	30
Niskanen	42	0	6	6	-2	30
Wandell	49	3	1	4	-3	8
Sutherby	44	2	2	4	-5	54
Fistric	37	2	1	3	-6	36
Kobasew	34	1	2	3	-7	6
Barch	32	1	1	2	-6	80
Gagnon	15	0	2	2	-2	0
Larsen	6	0	2	2	1	0
Morin	3	0	0	0	0	0
Vincour	3	0	0	0	0	0
Wathier	3	0	0	0	-2	0
Sawada	1	0	0	0	-1	0
Sceviour	1	0	0	0	-1	0
Williams	1	0	0	0	0	0
Lehtonen	44	0	4	4	0	4
Raycroft	16	0	0	0	0	0
Bachman	1	0	0	0	0	0

DETROIT

Player	GP	G	A	Pts	+/-	PIM
Zetterberg	56	17	44	61	11	28
Datsyuk	37	14	30	44	11	13
Lidstrom	56	11	33	44	1	12
Franzen	55	26	17	43	8	28
Rafalski	45	4	32	36	15	18
Bertuzzi	56	12	22	34	2	38
Filppula	50	12	19	31	7	28
Cleary	42	17	13	30	7	8
Kronwall	56	9	17	26	5	26
Holmstrom	47	12	12	24	0	44
Hudler	51	6	18	24	-4	14
Helm	56	6	18	24	6	8
Eaves	48	13	6	19	-4	10
Ericsson	48	3	11	14	11	56
Miller	49	4	8	12	1	4
Abdelkader	48	3	9	12	11	46
Stuart	41	3	8	11	12	26
Salei	55	1	8	9	2	38
Draper	28	6	2	8	-1	6
Modano	20	2	6	8	-3	6
Kindl	28	1	0	1	-1	22
Mursak	17	1	0	1	-3	4
Tatar	9	1	0	1	0	0
Emmerton	2	1	0	1	1	0
Janik	7	0	0	0	-2	7
Howard	43	0	1	1	0	2
Osgood	11	0	0	0	0	4
MacDonald	7	0	0	0	0	0

EDMONTON

Player	GP	G	A	Pts	+/-	PIM
Penner	55	20	16	36	-9	39
Hall	56	17	17	34	-9	16
Gagner	56	12	21	33	-17	33
Hemsky	39	9	24	33	0	14
Eberle	43	11	18	29	-4	4
Whitney	35	2	25	27	13	33
Cogliano	56	9	14	23	-10	49
Paajarvi	54	9	13	22	-4	12
Horcoff	33	7	11	18	2	18
Jones	55	12	4	16	-3	19
Gilbert	56	5	10	15	-15	24
Omark	27	3	11	14	-11	14
Foster	52	3	10	13	-8	37
Peckham	53	3	6	9	-7	132
Brule	34	6	2	8	-7	33
Vandermeer	36	1	7	8	3	28
Smid	52	0	8	8	-12	70
Reddox	19	0	6	6	-1	0
Fraser	55	2	2	4	0	58
Stortini	32	0	4	4	-2	76
Jacques	30	3	0	3	0	19
Petry	21	1	2	3	-4	6
O'Marra	9	1	2	3	0	2
Chorney	6	0	2	2	-3	2
MacIntyre	17	0	1	1	0	49
Strudwick	22	0	0	0	-8	11
Belle	5	0	0	0	-2	0
Khabibulin	36	0	0	0	0	10
Dubnyk	21	0	0	0	0	2
Gerber	2	0	1	1	0	0

FLORIDA

Player	GP	G	A	Pts	+/-	PIM
Weiss	54	15	22	37	-6	26
Kopecky	55	8	22	30	-16	32
Santorelli	55	15	14	29	-5	12
Booth	55	15	13	28	-15	14
Reasoner	55	11	12	23	8	18
Stillman	39	7	15	22	9	14
Higgins	42	10	11	21	-2	20
Goc	43	5	16	21	7	26
Dvorak	46	6	13	19	5	14
Kulikov	51	5	14	19	8	26
Skille	51	7	10	17	2	25
Matthias	47	6	10	16	1	16
Jost	38	5	11	16	1	6
Bernier	44	5	9	14	-9	14
Allen	46	4	8	12	1	59
Dadonov	25	4	7	11	2	14
Reinprecht	29	4	6	10	-2	6
Weaver	26	2	8	10	1	20
Varrin	46	3	6	9	0	32
Ellerby	29	1	7	8	1	10
Thomas	14	2	3	5	1	4
Hordichuk	41	1	3	4	3	51
Repik	9	1	1	2	-5	4
Timmins	6	1	0	1	-1	4
Callahan	5	0	0	0	-1	2
McArdle	5	0	0	0	0	11
Wilson	2	0	0	0	0	2
Vokoun	42	0	1	1	0	2
Clemmensen	17	0	1	1	0	2
Markstrom	1	0	0	0	0	0

LOS ANGELES

Player	GP	G	A	Pts	+/-	PIM
Kopitar	56	17	36	53	19	14
Williams	56	19	25	44	17	51
Brown	56	18	21	39	16	55
Johnson	56	5	32	37	-6	38
Smyth	56	19	17	36	9	29
Stoll	56	16	18	34	6	26
Doughty	50	7	22	29	15	38
Handzus	56	8	14	22	1	16
Simmonds	54	9	11	20	-2	63
Scuderi	56	4	11	13	12	14
Richardson	47	6	6	12	-7	25
Clifford	52	4	5	9	-12	88
Ponikarovsky	36	4	4	8	3	18
Sturm	15	4	4	8	5	17
Martinez	36	3	5	8	4	14
Loktionov	17	3	2	5	0	2
Lewis	46	2	3	5	-10	4
Mitchell	31	1	4	5	7	15
Greene	45	0	5	5	5	46
Drewiske	36	0	5	5	-1	19
Bailey	18	1	3	4	3	14
Parse	5	1	3	4	5	0
Moller	4	1	2	3	1	0
Westgarth	39	0	3	3	-5	74
Schenn	8	0	2	2	-1	0
Muzzin	11	0	1	1	-2	2
King	6	0	0	0	-2	2
Zeiler	4	0	0	0	-1	0
Quick	42	0	1	1	0	0
Bernier	16	0	0	0	0	0

MINNESOTA

Player	GP	G	A	Pts	+/-	PIM
Havlat	55	16	32	48	4	34
Koivu	55	14	33	47	7	30
Burns	53	14	20	34	-3	72
Brunette	55	15	18	33	-5	12
Cullen	51	10	23	33	1	18
Setoguchi	54	17	10	27	6	32
Mikkelson	46	11	15	26	-5	20
Brodziak	55	11	12	23	6	34
Zidlicky	30	4	16	20	0	22
Bouchard	32	5	14	19	3	4
Madden	53	8	8	16	-8	6
Schultz	52	3	11	14	1	30
Koivu	41	9	4	13	-1	15
O'Sullivan	31	2	6	8	-2	4
Latendresse	8	3	3	6	2	8
Nystrom	55	1	5	6	-13	26
Barker	46	1	4	5	-10	32
Stoner	33	1	2	3	8	49
Zanon	55	0	3	3	4	32
Staubitz	47	0	3	3	-3	101
Spurgeon	26	0	3	3	4	2
Falk	19	0	2	2	-2	6
Scandella	16	0	2	2	-5	2
Wellman	12	0	1	1	-1	4
Earl	6	0	0	0	-3	0
Almond	5	0	0	0	-1	4
Kassian	4	0	0	0	-1	12
Gillies	3	0	0	0	0	0
Peters	2	0	0	0	0	2
Backstrom	33	0	0	0	0	2
Theodore	20	0	0	0	0	0
Lehtonen	4	0	0	0	0	0

MONTREAL

Player	GP	G	A	Pts	+/-	PIM
Plekanec	56	19	26	45	13	42
Wisniewski	50	5	31	36	-19	28
Gionta	57	21	10	31	2	16
Cammalleri	44	13	18	31	6	29
Kostitsyn	56	13	16	29	6	24
Gomez	55	7	22	29	-15	36
Subban	52	7	18	25	-4	86
Hamrlik	54	4	20	24	2	61
Pouliot	54	12	11	23	5	35
Darche	41	9	9	12	2	18
Halpern	55	8	12	20	2	21
Pacioretty	27	9	9	18	-1	37
Spacek	57	1	15	16	8	45
Desharnais	18	5	6	11	1	4
Weber	28	1	9	10	5	8
Moen	56	3	6	9	-3	30
Eller	53	3	5	8	-6	30
Picard	35	3	4	7	3	15
Gorges	36	1	6	7	-3	18
Gill	55	0	5	5	-8	35
Pyatt	46	1	3	4	-6	2
Markov	7	1	2	3	2	4
Boyd	10	1	0	1	-6	2
White	5	0	1	1	3	9
Engqvist	2	0	0	0	0	0
Price	50	0	2	2	0	0

BROUGHT TO YOU BY MATT & JACK PACK

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	55	36	14	2	3	182	139	77	19-8-0-2	17-6-2-1	7-3-0-0	L1
d-Tampa Bay	56	34	17	3	2	172	172	73	19-6-1-1	15-11-2-1	8-2-0-0	W1
d-Boston	56	31	18	2	5	172	135	69	15-11-1-2	16-7-1-3	5-5-0-0	L2
Pittsburgh	58	35	19	2	2	173	141	74	20-10-1-0	15-9-1-2	6-4-0-0	L2
Montreal	57	31	20	4	2	151	143	68	19-7-3-2	12-13-1-0	5-3-0-2	W1
Washington	57	29	18	5	5	153	143	68	17-7-2-5	12-11-3-0	4-4-0-2	L3
NY Rangers	58	30	24	2	2	162	144	64	13-12-1-2	17-12-1-0	3-6-0-1	W1
Carolina	57	27	22	4	4	168	175	62	14-9-1-1	13-13-3-3	4-4-2-0	W1
Atlanta	58	25	23	4	6	167	188	60	13-12-1-4	12-11-3-2	2-5-1-2	L1
Buffalo	54	26	22	6	0	161	162	58	12-12-2-0	14-10-4-0	7-2-0-1	L1
Florida	55	24	24	3	4	146	148	55	12-9-3-3	12-15-0-1	3-4-1-2	W1
Toronto	56	23	27	3	3	144	174	52	13-11-3-2	10-16-0-1	4-5-1-0	L2
New Jersey	56	22	30	3	1	120	158	48	12-13-2-1	10-17-0-1	8-1-1-0	W4
NY Islanders	56	20	29	3	4	151	186	47	10-13-1-3	10-16-2-1	5-5-0-0	W3
Ottawa	56	18	30	5	3	126	186	44	9-15-2-2	9-15-3-1	1-7-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	57	36	12	4	5	192	136	81	20-4-1-4	16-8-3-1	7-2-0-1	L1
d-Detroit	56	34	16	4	2	187	163	74	17-8-3-1	17-8-1-1	6-4-0-0	W2
d-Phoenix	58	30	19	6	3	165	162	69	14-10-3-2	16-9-3-1	6-4-0-0	W5
Dallas	56	31	19	2	4	159	158	68	17-8-2-3	14-11-0-1	3-6-1-0	L1
Anaheim	57	32	21	2	2	159	157	68	17-8-0-1	15-13-2-1	8-2-0-0	W4
Nashville	56	30	19	4	3	150	133	67	13-5-3-3	17-14-1-0	5-4-0-1	W2
San Jose	57	30	21	4	2	158	151	66	13-10-2-1	17-11-2-1	7-2-0-1	L2
Calgary	59	29	22	3	5	177	173	66	16-9-1-2	13-13-2-3	7-1-1-1	W1
Minnesota	55	30	20	1	4	146	145	65	14-11-0-2	16-9-1-2	8-2-0-0	W3
Los Angeles	56	31	22	2	1	156	132	65	17-9-1-0	14-13-1-1	7-1-1-1	W2
Chicago	56	28	22	2	4	177	158	62	16-13-0-0	12-9-3-3	4-4-1-1	L2
Columbus	56	28	23	3	2	152	168	61	14-13-0-1	14-10-3-1	7-3-0-0	W2
St. Louis	55	25	21	4	5	148	164	59	17-8-1-3	8-13-3-2	3-4-2-1	W1
Colorado	57	25	26	6	0	171	195	56	14-14-3-0	11-12-3-0	1-9-0-0	L8
Edmonton	56	16	32	1	7	137	193	40	7-17-1-3	9-15-1-3	2-7-0-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Calgary 9 Colorado 1
St. Louis 3 Vancouver 2
Phoenix 3 Washington 2
Sunday's results
Carolina 3 Atlanta 2
Columbus 2 Dallas 1
Detroit 4 Boston 2
Florida 3 San Jose 2
Los Angeles 1 Philadelphia 0
N.Y. Islanders 7 Buffalo 6 (OT)
N.Y. Rangers 5 Pittsburgh 3
Anaheim 4 Edmonton 0
Tonight's games
Toronto at Boston, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
N.Y. Islanders at Ottawa, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
San Jose at Nashville, 8 p.m.
Vancouver at Minnesota, 8 p.m.
Dallas at Edmonton, 9 p.m.

BLUES 3, CANUCKS 2

First Period
1. St. Louis, McDonald 10 (Nikitin, Pietrangelo) 5:10 (pp)
2. Vancouver, H.Sedin 13 (Salo, Burrows) 10:15
3. St. Louis, Steen 16, 12:17
Penalty — Ehrhoff Vcr (hooking) 5:01.
Second Period
4. St. Louis, Berglund 15 (Pietrangelo, McDonald) 17:29 (pp)
Penalties — Burrows Vcr (interference) 0:29, Bieksa Vcr (slashing) 6:17, Backes StL (roughing) 11:12, Bieksa Vcr (delay of game) 16:09, Rome Vcr (holding) 18:44.
Third Period
5. Vancouver, Hansen 7 (Torres, Ehrhoff) 1:47
Penalties — None.
Shots

Vancouver	6	8	11—25
St. Louis	11	14	9—34

Goal — Vancouver: Luongo (L,27-9-7); St. Louis: Halak (W,19-17-6). **Power plays (goals-chances)** — Vancouver: 0-1; St. Louis: 2-5.
Referees — Tim Peel, Mike Leggo.
Linesmen — Ryan Galloway, Darren Gibbs.
Att. — 19,150 (19,150) at St. Louis, Mo.

FLAMES 9, AVALANCHE 1

First Period
1. Calgary, Moss 13 (Regehr, Jokinen) 0:18
2. Calgary, Babchuk 8 (Bouwmeester, Jokinen) 5:57 (pp)
3. Calgary, Iginla 24 (Bourque, Morrison) 11:14
4. Calgary, Glencross 18 (Jokinen, Moss) 12:41
5. Calgary, Jokinen 12 (Glencross, Moss) 17:01
Penalties — McLeod Col (tripping) 0:56, Colorado bench (too many men; served by Stewart) 5:50, Dupuis Col (kneeing major, game misconduct) 20:00.
Second Period
6. Colorado, Winnik 8 (Porter, Hunwick) 11:09 (pp)
Penalty — Giordano Cal (delay of game) 9:12.
Third Period
7. Calgary, Tanguay 15 (Regehr, Morrison) 0:40
8. Calgary, Glencross 19 (Kostopoulos, Moss) 2:57
9. Calgary, Iginla 25 (Backlund, Staios) 9:16
10. Calgary, Stajan 5 (Bourque) 18:55 (sh)
Penalties — Sarich Cal (tripping) 6:46, Wilson Col (cross-checking) 11:16, Moss Cal (slashing) 18:08.
Shots

Calgary	13	7	13—33
Colorado	7	9	7—23

Goal (shots-saves) — Calgary: Kiprusoff (W,25-19-4)(18-17), Karlsson (13:24 third)(5-5); Colorado: Budaj (L,12-11-3)(18-13), Anderson (5:57 first)(15-11). **Power plays (goals-chances)** — Calgary: 1-4; Colorado: 1-3.
Referees — Francis Charron, Kevin Pollock.
Linesmen — David Brisebois, Brian Murphy.
Att. — 14,035 (18,007) at Denver.

SUNDAY DUCKS 4, OILERS 0

First Period
1. Anaheim, Selanne 17 (Blake, Lilja) 0:34
Penalties — Perry Ana (tripping) 2:43, Petry Edm (holding) 11:56, Lilja Ana (boarding) 18:42.
Second Period
2. Anaheim, McMillan 8 (Sexton, Lapierre) 15:24
3. Anaheim, Ryan 26 (Perry, Getzlaf) 16:38
Penalties Parros Ana, MacIntyre Edm (fighting) 7:40.
Third Period
4. Anaheim, Ryan 27 (Perry, Getzlaf) 1:31
Penalties — Beauchemin Ana (interference), MacIntyre Edm (roughing) 2:53, Sutton Ana, Peckham Edm (fighting) 5:53, Sbisa Ana, Smid Edm (fighting) 6:24, Hemsky Edm (holding) 9:33, Hemsky Edm (boarding) 11:43, Omark Edm (holding) 13:56.
Shots

Anaheim	7	7	8—22
Edmonton	5	4	3—12

Goal (shots-saves) — Anaheim: Hiller (W,26-16-3); Edmonton: Dubnyk (L,6-7-6)(15-11), Khabibulin (1:31 third)(7-7). **Power plays (goals-chances)** — Anaheim: 0-4; Edmonton: 0-3.
Referees — Stephane Auger, Bill McCreary.
Linesmen — Derek Nansen, Vaughan Rody.
Att. — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Stamkos, TB	40	34	74
D.Sedin, Vcr	29	44	73
H.Sedin, Vcr	13	55	68
Crosby, Pgh	32	34	66
St. Louis, TB	20	46	66
B.Richards, Dal	24	39	63
Perry, Ana	28	33	61
Zetterberg, Det	17	44	61
E.Staal, Car	27	29	56
Iginla, Cal	25	31	56
Ovechkin, Wash	21	35	56
Kesler, Vcr	32	22	54
Eriksson, Dal	18	35	53
Kopitar, LA	17	36	53
Selanne, Ana	17	36	53
Giroux, Pha	19	32	51
Toews, Chi	19	31	50
Backstrom, Wash	14	36	50
Sharp, Chi	28	21	49
J.Carter, Pha	26	23	49
Nash, Clb	26	23	49
M.Richards, Pha	17	32	49
Vanek, Buf	22	26	48
Havlat, Minn	16	32	48
Duchene, Col	21	26	47
Tavares, NYI	21	26	47
Heatley, SJ	19	28	47
M.Koivu, Minn	14	33	47
Ribeiro, Dal	10	37	47
Yandle, Phx	9	38	47
Briere, Pha	27	19	46
P.Kane, Chi	18	28	46
J.Thornton, SJ	14	32	46
Ryan, Ana	27	18	45
Skinner, Car	21	24	45
P.Bergeron, Bos	19	26	45
Plekanec, Mtl	19	26	45
Hejduk, Col	17	28	45
J.Williams, LA	19	25	44
MacArthur, Tor	17	27	44
P.Stastny, Col	17	27	44
Clowe, SJ	14	30	44
Datsyuk, Det	14	30	44
Lidstrom, Det	11	33	44
Ra.Whitney, Phx	11	33	44
Letang, Pgh	8	36	44
Visnovsky, Ana	8	36	44
Franzen, Det	26	17	43
Byfuglien, Atl	17	26	43
Tanguay, Cal	15	28	43
T.Ruutu, Car	13	30	43
Grabovski, Tor	22	20	42
Dubinsky, NYR	19	23	42

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	7	5	2	.714	78	67	—
Buffalo	6	4	2	.667	69	57	½
Rochester	6	4	2	.667	61	64	½
Boston	8	5	3	.625	85	70	½
Philadelphia	7	3	4	.429	59	72	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	7	4	3	.571	79	78	—
Minnesota	6	3	3	.500	68	64	½
Washington	8	3	5	.375	95	101	1½
Edmonton	7	2	5	.286	73	85	2
Colorado	6	1	5	.167	53	62	2½

WEEK SEVEN
Friday's games
Rochester at Toronto, 7:30 p.m.
Colorado at Washington, 11 p.m.
Saturday's games
Philadelphia at Buffalo, 7:30 p.m.
Toronto at Rochester, 7:35 p.m.
Boston at Minnesota, 8:30 p.m.
Sunday, Feb. 20
Calgary at Edmonton, 4 p.m.
Minnesota at Colorado, 8 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Man United	26	16	9	1	57	25	57
Arsenal	26	16	5	5	56	27	53
Man City	27	14	7	6	43	24	49
Tottenham	26	13	8	5	37	28	47
Chelsea	26	13	6	7	46	22	45
Liverpool	27	11	6	10	35	32	39
Sunderland	27	9	10	8	33	33	37
Bolton	27	9	9	9	38	37	36
Stoke	26	10	3	13	31	33	33
Newcastle	26	8	8	10	40	38	32
Blackburn	27	9	5	13	34	42	32
Fulham	27	6	13	8	28	28	31
Everton	26	6	12	8	33	36	30
Birmingham	25	6	12	7	25	33	30
Aston Villa	27	7	9	11	31	46	30
Blackpool	26	8	5	13	39	50	29
West Brom	26	7	6	13	34	51	27
Wigan	27	5	12	10	27	45	27
West Ham	27	5	10	12	30	48	25
Wolverhampton	26	7	3	16	26	45	24

Yesterday's result
Fulham 0 Chelsea 0

SPAIN

LA LIGA

Yesterday's result
Mallorca 1 Athletic Bilbao 0

TRANSACTIONS

MLB

AMERICAN LEAGUE

NEW YORK YANKEES—Designated RHP Brian Schlitter for assignment. Agreed to terms with OF Andruw Jones to a one-year contract.
TORONTO BLUE JAYS—Voided the contract of RHP Brian Stokes.

NATIONAL LEAGUE

CHICAGO CUBS—Agreed to terms with RHP Carlos Marmol on a three-year contract.
NEW YORK METS—Named Brian Chicklo minor league training coordinator, Joe Golia athletic trainer for Buffalo (IL) and Matt Hunter athletic trainer for Binghamton (EL).

NBA

NEW ORLEANS HORNETS—Released G-F Sasha Pavlovic.
SACRAMENTO KINGS—Fined F-C DeMarcus Cousins for fighting with a teammate after a Feb. 12 game against Oklahoma City.

NFL

ATLANTA FALCONS—Named Bob Bratkowski quarterbacks coach.
BALTIMORE RAVENS—Signed coach John Harbaugh to a three-year extension through 2014.
CLEVELAND BROWNS—Named Chris Beake offensive coach, Chuck Bullough defensive coach, Shawn Mennenga special teams coach, Ray Rhodes senior assistant-defense coach, Keith Gilbertson senior assistant-offense coach. Announced running backs coach Gary Brown, tight ends coach Steve Hagen, defensive backs coach Jerome Henderson, strength and conditioning coach Kent Johnston, assistabt strength and conditioning coach Rick Lyle, assistant to the head coach Luke Steckel and offensive line coach George Warhop will be retained from last year's staff.
NEW YORK JETS—Named Bill Hughan strength and conditioning coach.
OAKLAND RAIDERS—Named Rod Woodson cornerbacks coach.

NHL

ATLANTA THRASHERS—Assigned D Arturs Kulda to Chicago (AHL).
CAROLINA HURRICANES—Reassigned F Zac Dalpe to Charlotte (AHL).
COLORADO AVALANCHE—Announced the retirement of F Peter Forsberg.
OTTAWA SENATORS—Recalled G Robin Lehner and F Bobby Butler from Binghamton (AHL).
TORONTO MAPLE LEAFS—Traded F Kris Versteeg to Philadelphia for 2011 first- and third-round draft picks.

TENNIS

ATP OPEN 13

At MARSEILLE, France
Singles
First Round
Sergiy Stakhovsky, Ukraine, def. Illya Marchenko, Ukraine, 6-4, 6-3.
Dmitry Tursunov, Russia, def. Grigor Dimitrov, Bulgaria, 6-7 (6), 7-5, 7-6 (4).
Doubles
First Round
Marin Cilic and Lovro Zovko, Croatia, def. Frank Moser, Germany, and David Skoch, Czech Republic, 3-6, 6-3, 10-5 tiebreak.

WTA DUBAI DUTY FREE CHAMPIONSHIPS

Singles
First Round
Marion Bartoli (10), France, def. Kimiko Date-Krumm, Japan, 7-6 (8), 6-4.
Alisa Kleybanova (15), Russia, def. Anastasia Pavlyuchenkova, Russia, 4-6, 6-4, 6-0.
Svetlana Kuznetsova (16), Russia, def. Nuria Llagostera Vives, Spain, 6-4, 6-2.
Chanelle Scheepers, South Africa, def. Maria Kirilenko, Russia, 6-2, 6-2.
Zhang Shuai, China, def. Yaroslava Shvedova, Kazakhstan, 6-3, 6-4.
Timea Bacsinszky, Switzerland, def. Iveta Benesova, Czech Republic, 6-3, 3-6, 6-1.
Alexandra Dulgheru, Romania, def. Elena Baltacha, Britain, 7-6 (3), 6-4.
Anastasija Sevastova, Latvia, def. Anastasia Rodionova, Australia, 6-1, 5-7, 6-3.
Doubles
First Round
Lisa Raymond, U.S., and Sam Stosur (7), Australia, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 6-4, 6-3.
Monica Niculescu, Romania, and Shahar Peer, Israel, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-1, 6-4.
Vitalia Diatchenko, Russia, and Tatiana Poutchek, Belarus, def. Akgul Amanmuradova, Uzbekistan, and Darya Kustova, Belarus, 7-5, 7-6 (1).
Jarmila Groth, Australia, and Klara Zakopalova, Czech Republic, def. Kristina Barrois and Tatjana Malek, Germany, 6-4, 6-7 (3), 10-5 (tiebreak).

WTA COPA BBVA COLSANITAS

At BOGOTA, Colombia
Singles
First Round
Mathilde Johansson, France, def. Simona Halep (3), Romania, 7-6 (5), 7-5.
Catalina Castano, Colombia, def. Anabel Medina Garrigues (8), Spain, 7-6 (5), 2-6, 7-6 (5).
Patricia Mayr-Achleitner, Germany, def. Mariya Koryttseva, Ukraine, 6-2, 7-6 (4).

ATP RMK CHAMPIONSHIPS & THE WTA CELLULAR SOUTH CUP

At MEMPHIS, Tenn.
Men
Singles
First Round
Robert Kendrick, U.S., def. Kevin Anderson (8), South Africa, 5-7, 6-3, 7-6 (4).
Women
Singles
First Round
Michaella Krajicek, Netherlands, def. Barbora Zahlavova Strycova (1), Czech Republic, 6-1, 6-3.
Alexandra Stevenson, U.S., def. Sofia Arvidsson (2), Sweden, 6-3, 6-1.
Stephanie Foretz Gacon, France, def. Olga Govortsova (5), Belarus, 6-3, 4-6, 6-4.
Rebecca Marino (6), Vancouver, def. Jamie Hampton, U.S., 6-4, 6-1.
Anne Keothavong, Britain, def. Aleksandra Wozniak, Blainville, Que., 6-2, 6-2.
Evgeniya Rodina, Russia, def. Ajla Tomljanovic, Croatia, 1-6, 6-0, 7-6 (5).
Lucie Hradecka, Czech Republic, def. Julie Ditty, U.S., 6-1, 6-3.
Ksenia Pervak, Russia, def. Anna Tatishvili, Georgia, 6-3, 6-4.
Sorana Cirstea, Romania, def. Catherine Harrison, U.S., 6-2, 6-2.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	39	14	.736	—
d-Miami	39	15	.722	½
d-Chicago	36	16	.692	2½
Atlanta	34	20	.630	5½
Orlando	35	21	.625	5½
New York	27	26	.509	12
Philadelphia	26	28	.481	13½
Indiana	24	28	.462	14½
Charlotte	24	31	.436	16
Milwaukee	21	33	.389	18½
Detroit	20	36	.357	20½
New Jersey	17	39	.304	23½
Washington	15	38	.283	24
Toronto	15	40	.273	25
Cleveland	9	46	.164	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	46	9	.836	—
Dallas	38	16	.704	7½
d-L.A. Lakers	38	18	.679	8½
d-Oklahoma City	34	19	.642	11
New Orleans	33	23	.589	13½
Portland	31	24	.564	15
Utah	31	24	.564	15
Denver	31	25	.554	15½
Memphis	30	26	.536	16½
Phoenix	26	26	.500	18½
Houston	26	30	.464	20½
Golden State	24	29	.453	21
L.A. Clippers	20	35	.364	26
Sacramento	13	38	.255	31
Minnesota	13	42	.236	33

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Last night's results
Charlotte 109 L.A. Lakers 89
San Antonio 102 New Jersey 85
Atlanta 94 Detroit 79
Milwaukee 102 L.A. Clippers 78
Portland 95 Minnesota 81
Houston 121 Denver 102
Sunday's results
Boston 85 Miami 82
Orlando 89 L.A. Lakers 75
Memphis 116 Denver 108
Washington 115 Cleveland 100
Portland 105 Detroit 100
Toronto 98 L.A. Clippers 93
Golden State 100 Oklahoma City 94
Sacramento 113 Phoenix 108
Tuesday's Games
Miami at Indiana, 7 p.m.
Charlotte at Chicago, 8 p.m.
Philadelphia at Memphis, 8 p.m.
Sacramento at Oklahoma City, 8 p.m.
Utah at Phoenix, 9 p.m.
New Orleans at Golden State, 10:30 p.m.
Tomorrow's games
Washington at Orlando, 7 p.m.
Miami at Toronto, 7 p.m.
New Jersey at Boston, 7:30 p.m.
L.A. Lakers at Cleveland, 7:30 p.m.
Indiana at Detroit, 7:30 p.m.
Atlanta at New York, 7:30 p.m.
L.A. Clippers at Minnesota, 8 p.m.
Sacramento at Dallas, 8:30 p.m.
Philadelphia at Houston, 8:30 p.m.
Golden State at Utah, 9 p.m.
Denver at Milwaukee, 9 p.m.
New Orleans at Portland, 10 p.m.

SUNDAY RAPTORS 98, CLIPPERS 93

L.A. CLIPPERS (93)
Gomes 5-8 2-2 14, Griffin 7-13 7-10 21, Jordan 2-2 2-6 6, B.Davis 7-16 6-6 20, Foye 2-14 1-1 5, Bledsoe 2-9 3-5 7, Aminu 1-4 1-2 3, Cook 6-11 2-2 17, Diogu 0-0 0-0 0. Totals 32-77 24-34 93.
TORONTO (98)
Weems 3-7 4-5 10, A.Johnson 3-5 0-0 6, Bargnani 9-21 8-9 27, Calderon 3-8 4-6 10, DeRozan 7-18 3-5 17, E.Davis 6-8 1-1 13, Barbosa 3-9 4-4 11, Dorsey 0-1 0-0 0, Bayless 0-2 0-0 0, T.Johnson 1-3 2-2 4. Totals 35-82 26-32 98.

L.A. Clippers	24	24	23	22	—93
Toronto	24	24	30	20	—98

3-Point Goals—L.A. Clippers 5-14 (Cook 3-5, Gomes 2-3, Bledsoe 0-1, B.Davis 0-2, Foye 0-3), Toronto 2-13 (Bargnani 1-3, Barbosa 1-5, DeRozan 0-1, Calderon 0-2, Bayless 0-2). Fouled Out—None. Rebounds—L.A. Clippers 54 (Griffin 15), Toronto 54 (E.Davis 14). Assists—L.A. Clippers 15 (B.Davis 7), Toronto 16 (Calderon 11). Total Fouls—L.A. Clippers 23, Toronto 27. Technicals—B.Davis, L.A. Clippers Bench, Toronto defensive three second 2. A—19,800 (19,800) at Toronto.

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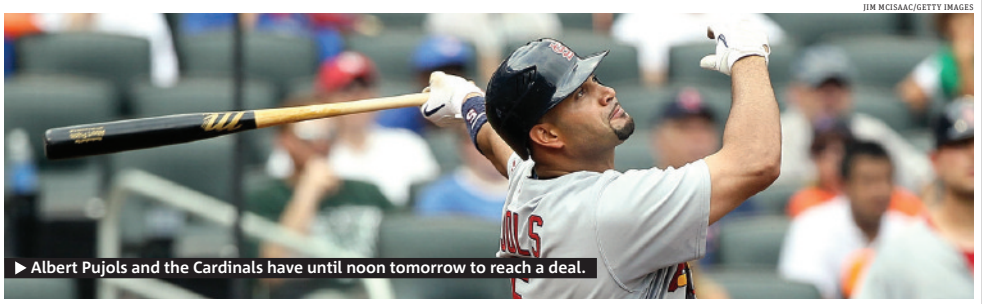

▶ Albert Pujols and the Cardinals have until noon tomorrow to reach a deal.

Pujols, Cards move deadline back a day

Team wants to avoid creating a distraction from Musial honour

The St. Louis Cardinals and representatives for Albert Pujols have agreed to a 24-hour extension to reach a new contract out of respect for Stan Musial.

The Cardinals Hall of Famer will be awarded the Presidential Medal of Freedom in Washington today and general manager John Mozeliak said yesterday the club did not want to distract from Musial's special day. Chairman Bill DeWitt Jr. and Mozeliak will accompany the 90-year-old Musial to Washington.

Pujols' agent, Dan Lozano, originally set a deadline for today, the first workout day for pitchers and catchers in Jupiter, Fla. Mozeliak said the new deadline is noon ET tomorrow.

Pujols is due to make $16 million US this season in the final year of his contract, with $4 million of the total deferred without interest.

The 31-year-old Pujols is seeking a contract, perhaps as long as a decade in length, that would make him one of the highest paid players in the major leagues and allow him to retire as a Cardinal.

Even if a deal can't be reached by tomorrow, the Cardinals were hopeful of keeping the all-star first baseman. Numerous times the last few seasons and again at last month's Winter Warmup fan festival in St. Louis, Pujols has expressed his desire to stay with the team.

Pujols is the only player in major league history to hit 30 or more home runs in his first 10 seasons.

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- Abundant free surface parking
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416 495 6247
*Sales Representative
www.cbre.ca

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FOR SALE IN TORONTO
1841 LAWERENCE AVENUE EAST

- 2-storey mixed used property
- Located near Pharmacy Avenue & Lawrence Avenue East
- Main floor is vacant retail/office space
- 2nd floor is 2-bedroom apartment
- Finished basement with office space & 2-piece washroom

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FOR SALE IN TORONTO
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- Fully air-conditioned
- Easy access to public transit

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FOR SALE IN TORONTO
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- Building size: 2,424 SF
- Wilson Avenue west of Dufferin Street
- 2-storey inline unit in strip plaza
- Upper level is residential apartment
- Lower level is commercial/retail space

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FOR SALE IN TORONTO
8800 DUFFERIN STREET

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YONGE-Finch.
1 bdrm. sol, 18th fl., prkg. Subway. $1350 incl. Rent or sale. 416-918-7665

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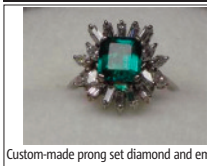
K COATMINS Mink Coat Semi-buff, size 14. Very little use. Asking $2000. Please call 416-922-5735

Merchandise for Sale



Custom-made prong set diamond and emerald Cocktail Ring. Weight 4.1 grams. Total carat weight 1.48 carats. Total colour weight 1.83 carats. Size: 6 One (1) natural green cut emerald Aprox 1.83 carats. Ten (10) straight baguette claw set diamonds weighing approximately 10 x 0.10 = 1.00 carats. Appraised at Fair Market Value: $15,500.00 Please call Josh at 647-928-5608

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Dogs

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There are 2 female / 4 males for sale.
NON aggressive BOTH parents are amazingly friendly with people, kids and other pets, these are great Akita parents. The puppies will come with first shots, vet. Checked, de wormed.
They will be ready to go Feb.11/2011
Will ship but buyer pay shipping?

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Rescue Free Orange Maple Kittens, healthy, long & short hair.
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PERSONALS

Personals

To the Love of my life Deli, my Husband my friend and my soul mate. Ever since day one I know you were the one for me. You mean the world to me and I'm happy to be your wife. I just want to say Thank You for everything. We've been through thick and thin and no matter what happens I know our Love will be the only thing that keeps us strong. I'll always be here for you and will always love you. This is just a reminder on how I feel for you and my devotion to you. Love Always and Forever. Your Loving Wife Nikki O.

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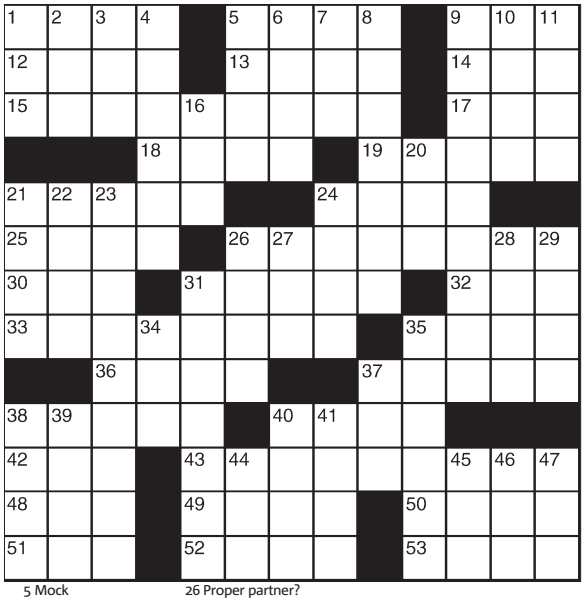

Across

1 Hydrox competitor
5 Scoff
9 Police officer
12 Labor
13 Wheelbase terminus
14 Regret
15 Tablets of ruled yellow paper
17 Venomous viper
18 Verse
19 Society layer
21 Fess up
24 Quite
25 Sticky substances
26 Collar style
30 Ostrich's cousin
31 Wide
32 Fuss
33 Wanting
35 Probability
36 Periodic table entry (Abbr.)
37 Tending to nitpick
38 See 11-Down
40 Help a crook
42 Chicken — king
43 Some skateboarders' protection
48 Scoundrel
49 Marsh plant
50 Loosen
51 Type measures
52 Faction
53 Body artwork, for short

Down

1 Hooter
2 Shad product
3 Work unit
4 They look like short-necked giraffes
5 Mock
6 Reason to cram
7 Time gone by, once
8 Saved
9 Places to stay temporarily
10 Eject
11 With 38-Across, cartoon skunk
16 Parcel of land
20 Spanning (Abbr.)
21 On in years
22 Cupola
23 Computer accessories
24 Male deer
26 Proper partner?
27 A billion years
28 Throws in
29 Inquisitive
31 Milwaukee team
34 — -de-France
35 Product
37 Not many
38 Chantilly, e.g.
39 Verve
40 Not up and about
41 Presage
44 Hawaiian neckwear
45 Literary collection
46 Banned insecticide
47 "Help!"

▶ Yesterday's answer

Sudoku

			9	4				1
7		3		5		2		
					3			8
	5	1	4	2		9		
		7				1		
		8		1	5	7	3	
5			3					
		2		6		4		3
9				8	4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	7	8	5	1	4	2	3	9
1	2	9	3	8	6	7	4	5
4	5	3	2	9	7	1	8	6
2	3	6	4	5	9	8	1	7
5	1	4	7	6	8	3	9	2
9	8	7	1	3	2	5	6	4
8	4	2	9	7	1	6	5	3
3	9	1	6	2	5	4	7	8
7	6	5	8	4	3	9	2	1

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Show some love! Send a note to somebody special at kiss@metronews.ca

K-swizzle, You are the most random, spontaneous person we have ever met, and we would never change any part of you. Happy Cornflakes Day!
LOVE, B-SWIZZLE AND C-SWIZZLE

My Beloved I LOVE U! ... You put a smile on my face. I LOVE U! because of ur sweetness, ur kindness and ur thoughtfulness. I LOVE U! because u appreciate me and u appreciate my effects to romance u. I thank u for bein U **YOUR DEAR POOOKS**

Devin.... Roses are red, Violets are blue And no one misses you As much as I do
YOUR TOOTHFAIRY

Marcucio, I love you SO MUCH and I promise to love you with everything I have now and always! You are the bounce to my step and the music to my ears. Most importantly you are my best friend. **LOVE, MELSTAR**

Today -6°/-7° Mainly sunny
Wednesday 4°/2° Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Steer clear of fights and feuds today because you have nothing to gain by going head-to-head with people whose views you think are stupid.

♉ Taurus April 21-May 21 Put some distance between yourself and people you can tell are trying to rub you up the wrong way. Also, let employers and other important people know that if they want your support, it has to be earned.

♊ Gemini May 22-June 21
There is still plenty of time to make your mark on the world but you have got to get serious about it. What you do, or don't do, over the next few days will determine whether you're a winner or a wannabe.

♋ Cancer June 22-July 22 Your sixth sense tells you there are changes coming that can improve your lot financially and emotionally. Don't listen to what others say you should do. Act on your own beliefs.

♌ Leo July 23-Aug.23 Somewhere along the way, you seem to have forgotten that life is supposed to be an adventure. Your first priority is to put some fun back into your daily doings. Work hard, play hard and always keep smiling.

♍ Virgo Aug. 24- Sept. 22 The Sun's move into your opposite sign of Pisces next weekend marks the halfway point of your solar year. Start thinking about what you can learn from the past six months.

♎ Libra Sept. 23-Oct. 23 The past few weeks have been hectic but there's still a lot to be done before the Sun changes signs on the 19th. There is no limit to what you can accomplish, so don't just sit there.

♏ Scorpio Oct. 24-Nov. 22 You have wasted enough time on senseless disputes. Promise yourself that from today you will focus on more important matters. Look forward to what you are going to accomplish.

♐ Sagittarius Nov. 23-Dec. 21 You are too stubborn to admit that your present course is taking you in the wrong direction. There are times when your huge self-belief can be a blessing, but this isn't one of them. Change.

♑ Capricorn Dec. 22-Jan. 20
Make sure everyone knows you are not the sort of person who can be intimidated or bribed. There is a stubborn side to the Capricorn nature and it will be evident today.

♒ Aquarius Jan. 21-Feb. 18
Make the most of the Sun's last few days in your birth sign. Take advantage of each opportunity that comes your way. Any day can be a new beginning but today, and tomorrow, most things will come easily.

♓ Pisces Feb. 19-March 20 The last few weeks have been anything but easy and there are no doubt more challenges to come, but already you can sense that your luck is beginning to turn. SALLY BROMPTON

Caption contest

MUHAMMED MUHEISEN/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JEFF CHRISTENSEN/ THE ASSOCIATED PRESS

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Sheraton Nassau Beach Resort ❀❀❀❀
Resort view rm. • Mar. 28 • 4 nts. • $300 INSTANT CREDIT INCLUDED[1]
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BAHAMAS | Nassau
Sandals Royal Bahamian Spa Resort & Offshore Island
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Comfort Suites, Turks & Caicos ❀❀½
Continental breakfast • Junior suite run of the house • Mar. 2, 7, 16 & 23 • 1 wk.
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Gran Bahia Principe La Romana ❀❀❀❀½ PRIVILEGES
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$1099 Add taxes & other fees: $175

DOMINICAN REPUBLIC | Samana
Gran Bahia Principe El Portillo ❀❀❀❀½ PRIVILEGES
All-Inclusive • Standard rm. • Mar. 5, 6, 19 & 20 • 1 wk.
$1199 Add taxes & other fees: $175

DOMINICAN REPUBLIC | Punta Cana
Gran Bahia Principe Punta Cana ❀❀❀❀½ PRIVILEGES
All-Inclusive • Junior suite • Mar. 21, 24 & 25 • 1 wk.
$1199 Add taxes & other fees: $175

CUBA | Holguin
Sirenis Playa Turquesa ❀❀❀❀
All-Inclusive • Superior rm. • Mar. 3, 5 & 17 - 26 • 1 wk.
$869 Add taxes & other fees: $160
Add $75 for Sat. departure
Departure tax: 25 CUC cash, paid locally

CUBA | Santa Clara
Barceló Cayo Santa Maria ❀❀❀❀
All-Inclusive • Junior suite • Feb. 26 & Mar. 5 • 1 wk.
$999 Add taxes & other fees: $160
Add $75 for Sat. departure
Departure tax: 25 CUC cash, paid locally

CUBA | Varadero
Sirenis La Salina Varadero Beach Resort ❀❀❀❀
All-Inclusive • Standard rm. • Mar. 19, 20 & 25 • 1 wk.
$1029 Add taxes & other fees: $160
Add $50 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

MEXICO | Cancun/Riviera Maya
Occidental Grand Xcaret ❀❀❀❀½
All-Inclusive • Deluxe rm. • May 27 • 1 wk.
$1059 Add taxes & other fees: $252

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum ❀❀❀❀½ PRIVILEGES
All-Inclusive • Standard rm. • May 27 • 1 wk.
$1179 Add taxes & other fees: $252

COSTA RICA | Liberia
Occidental Grand Papagayo ❀❀❀❀½
All-Inclusive • Deluxe rm. • Mar. 3 & 6 • 1 wk.
$1599 Add taxes & other fees: $87
Departure tax: 26 USD cash, paid locally

ANTIGUA
The Verandah Resort & Spa ❀❀❀❀ PRIVILEGES
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Meliá Puerto Vallarta ❀❀❀❀ PRIVILEGES
Deluxe garden view rm. • Mar 2
$1179 Add taxes & other fees: $149

MEXICO | Puerto Vallarta/Riviera Nayarit
Meliá Puerto Vallarta ❀❀❀❀ PRIVILEGES
Deluxe garden view rm. • Mar. 20 - 31
$1249 Add taxes & other fees: $149
Add $85 for Sat. & Sun. departures

Meliá Puerto Vallarta

USA | AIR & HOTEL

NEVADA | Las Vegas
Excalibur Hotel & Casino ❀❀❀½
Hotel rm. • Apr. 25 • 3 nts.
$549 Add taxes & other fees: $130

FLORIDA | Orlando
Clarion Resort & Waterpark ❀❀❀
Double or twin guest rm. • Mar. 21 - 23 • 1 wk.
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